

E-BOOK



MANIFEST YOUR DESTINY

CREATE THE LIFE OF YOUR DREAMS

BY: KATHY HADLEY

About Kathy Hadley Life Coach

Kathy Hadley, known as the “life coach to life coaches” around the world, believes her mission is to help people live the life they truly want. With her long 25 year reputation and experience with a worldwide networking group, she is a top advisor and expert to help life coaches and clients achieve maximum peak potential.

“What I stress the most is that we all have the ability to tap into our unlimited potential within and to align with Universal Laws.” says Hadley. “My goal is to de-mystify the Law of Attraction and Universal Laws to give people real, tangible results.”

Her approach is direct, straightforward and to-the-point. Her matter of fact approach is what draws men and women all over the world to her website, products and classes online.

Her powerful program, “The Advanced Manifesting Course” was designed to give the most powerful steps to go even further into creating your perfect life with lessons and tools to clear blocks and barriers to manifesting.”

And is available here:

<http://kathyhadleylifecoach.com/skyrocket.html>

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THE LAW OF ATTRACTION:

Getting Everything You Want Out of
Life Through the Power of Your Own
Mind. Let Your Thoughts Determine
Your Destiny.



Imagine for a moment that you have in your possession a source of complete and total power. You alone can command the warmth of the sun, the fall of the rain, the turn of the tides and the direction of the winds. What would you do with this kind of power? Would you abuse it causing the world to fall into utter chaos? Would you be benevolent and merciful, using your power to help the people of your planet achieve their ultimate potential?

Unfortunately (or fortunately, as the case may be) very few people, if anyone these days, have the true inner believing necessary to make such enormous changes.

What if you could, however, have the power to determine the course of your own life? What if you could accomplish great things and acquire great riches just by using the power of your own mind? What if I told you that this does not have to be a “what if?” What if I told you that you possess in your psyche the power to chart the course of the rest of your life on whatever path you see fit?

Chances are you would tell me that you don't believe it. You'd say, “I've tried and tried before and it never works for me no matter what I do.”

But the truth is every person has the power to shape the events of their life to achieve whatever end they see fit. **This power is the ability to align to the Law of Attraction.**

What is the Law of Attraction?

The belief held by many theorists is that the universe is governed by a set of universal laws; these laws cannot be changed, cannot be broken and apply to every individual, regardless of age or nationality. These laws are the riverbanks which guide the flow of their lives on its journey to its ultimate end.

The law of attraction is one such law. The law of attraction is the belief that anyone can determine their destiny through the power of their minds.

"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking."

-Joseph Murphy

Find out more here!

<http://kathyhadleylifecoach.com/skyrocket.html>

The History of the Law of Attraction

Before we go too deep into the modern applications of the law of attraction it is important that you understand that this is not simply New Age nonsense (most descriptions of the law of attraction refer to it as a product of a New Age Mentality). The principles of the law of attraction date back far beyond the new found popularity of the New Age.

The immortal Buddha was actually one of the first to introduce man to the law of attraction. He said, “What you have become is what you have thought.” This was a principle that the people of the east were acquainted with for centuries before it began to sweep into the western hemisphere.

The concept of karma also may have drawn its roots from the law of attraction. Karma states that you will eventually be revisited by that which you have sent out into the universe. If you have practiced kindness and compassion you will receive in kind. If you have been deliberately cruel to another you will receive back into your life that cruelty which you have sent out. Your actions and thoughts morph into physical entities, causing the universe to react in kind.

The law of attraction began to gain popularity in the western hemisphere in the 19th century, as people began to appreciate the power of positive thinking and apply it to their life. This new concept was first introduced to the general public by William Walker Atkinson, the editor of New Thought magazine, who published a book called Thought Vibration or the Law of Attraction in the Thought World in 1906.

As you can see, the law of attraction is not new. The concept that thought can have a predominate affect on the course of a man’s destiny has been taught by wise men throughout the ages, and has given rise to a whole new era of beliefs.

The Law of Attraction attracts to you everything you need, according to the nature of your thoughts.

What is the Premise of the Law of Attraction?

The theory behind the law of attraction is the belief that energy attracts like energy in the vast expanse of space and time that comprises our universe. Each person's being is constantly radiating energy out into space; the type of energy being radiated is determined by the emotional state of the individual in question and may differ from day to day-sometimes even hour to hour!

This emotional energy is what is commonly known as a “vibe” and is referred to as a vibration by scientists studying the law of attraction. Chances are that you are familiar with the term. Have you ever been with someone who is so happy they seem to be radiating a “glow which inspires happiness in all those around them?” By the same token, have you ever spent time with someone who was so critical and unhappy that they consistently gave off a “negative vibe” which seemed to suck the life and happiness out of all those around them?

You do not have to possess psychic powers to be able to feel the vibes that people emit; this energy is very real on a psychological plane and will affect anyone, anywhere at any time. Our vibrations are usually an unconscious response to some form of environmental stimulus; something has happened which has caused us to feel happy, or sad, or scared, or confused, or stressed, etc., and our subconscious response to this (because vibes are generated and projected from the subconscious rather than the conscious) is something that is beyond our control.

Chances are the person who is emitting a negative vibe does not choose to be unhappy, nor do they wish to inflict their unhappiness on all those around them by the simple fact of their presence. (Before you say what you are thinking, yes, there are some exceptions to this rule. Misery does love company and there are many who take a great deal of delight in inflicting their pain on other people. It is important to understand that this is not usually done in a desire to cause others pain but out a desire to not feel so alone in their unhappiness. But we digress...)

There are a number of feelings which lead to positive and negative vibes being emitted, and it is important before we continue on any form of discussion about the law of attraction that you understand what each of these are (you'll understand the reasons for this a little later).

Positive Vibes

Positive vibes are generated from good feelings, such as:

- Joy
- Love
- Excitement
- Abundance (of anything that causes a positive response)
- Pride
- Comfort
- Confidence
- Affection

Negative Vibes

Negative vibes are generated from negative feelings, such as:

- Disappointment
- Loneliness
- Lack (of any of life's necessities or luxuries)
- Sadness
- Confusion
- Stress
- Anger
- Hurt

What do Vibes Have to With the Law of Attraction?

As we mentioned earlier the fundamental principle of the law of attraction is the belief that life energy attracts like energy. This means that if a person is emitting positive vibes they will draw good things to them and if they are emitting negative vibes they will draw bad things to them.

“You are a living magnet, attracting what you want.”

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be too lucky to be true? On the flip side, you have certainly known someone who loved to complain and look on the darker sides of life that always seemed to have something new to complain about because things were always going wrong in their life. These examples show people attracting the results of the energy they are giving off.

“Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted.”

-Michael J. Losier

Does this mean that all of the bad things that happen to you in this life are because you subconsciously wanted them to? This is one of the most common arguments against the concept of the law of attraction and often the hardest to refute because people have not yet recognized that the law of attraction is not a pipe dream or something that someone dreamed up while sitting on their porch one hot summer night. It is a fact of life, and its effects are far reaching.

I would say that yes, you did not attract a bad thing to you on purpose, but you did by your attention to it, even if that attention was caused by fear and worry, you did attract it to you. Yes, if someone is in your environment constantly who is causing you to be fearful it would be more difficult to deliberately control your emotions. But once you have finished this book, you should realize that YOU and YOU alone are the creator of ALL that has ever happened to you by your dominant emotions and thoughts. Armed with new knowledge and awareness, you will be more able to deliberately control the outcome of your life.

The mind is a powerful thing, and where the mind goes the feet will soon follow. The foundation of any success you are going to encounter lies not in the ability of your physical body to overcome the obstacles but of your mind to believe that there is a solution. “Where there’s a will, there’s a way.”

Where your mind can believe that there is a way for the body to achieve its heart’s desire a way does exist. Accept responsibility for the things that have occurred in your life, both good and bad.

How can I Use the Law of Attraction?

This is an excellent (and very important) question. After all, it doesn't do you much good to know what the law of attraction is if you do not know how to use it to achieve success in your own life. Once you have mastered the basics of the law of attraction you will be able to apply it to any area in your life.



The first step in finding success through the law of attraction is to accept responsibility for the things that have occurred in your life, both good and bad. This is often the most difficult part of achieving success through manifestation because we are taught from childhood to believe that our environment contributes in a large part to the circumstances in which we find ourselves. It's very hard to take the responsibility and acknowledge the fact that your environment was not the major contributing factor in each of these events; in many cases you will have no one to blame but yourself.

In order to help yourself move past these events take a moment and write down on a piece of paper all of the major events in your life (again, both good and bad). Leave plenty of room underneath each one. Now, take a moment to go back and review these events. Write down what you were feeling at the time they happened, how you felt before they happened and what events had occurred prior to this.

Chances are you are going to find that events occurring in your favor occurred at times when you were possessed of a positive attitude and other things in your life were going right. On the flip side, events which occurred probably happened concurrently with other events in your life which caused you to have a negative outlook on life. Coincidence? *I'd say not!*



Once you have accepted the fact that you are responsible for your own fate it is time to go one step further and determine what it is about your life that you would like to change. Do you want to find another job? Move to a new house? Enter into a meaningful relationship? Receive a promotion?

Identify the things you wish to achieve and write them down. Display them in a prominent place; constantly being able to view the anticipated results of your endeavors will help to keep you on the right track.

In essence, with the creation of this list you are asking the universe for what you want. Take the time to think on this for a while so that it is embedded firmly in your mind, and keep your goals specific; making a goal too big or too general is an almost certain guarantee that you will not be able to achieve it because you will be too busy worrying about how you are going to achieve it.



Raise your vibrations so that they are all positive. Act and feel as though you are confident that the end result you are hoping for is going to occur. This is an essential part of the law of attraction because it is very easy to allow your mind to begin to wander to all of the difficulties which you may encounter when trying to achieve your goals. This will cause your vibrations to become negative and will work against you rather than for you.



Accept that it can happen. Many times your subconscious is your own stumbling block; you will be attempting to convince your conscious mind that something can happen while at the same time your subconscious is picking out the reasons that it will never work. In order to help yourself overcome this stumbling block and have absolute faith in the fact that you will be able to effect this change in your life you should look again at the sheet of paper upon which you have written your goals and attempt to write them in terms that will help your mind and body accept them as fact.

It is recommended that you write these statements in the third person rather than the first; it is often difficult for the mind to accept something as fact when it is couched in such relative terms as I, me or my. For example, if you are attempting to find a new job you could say, “Millions of people every year work in jobs which make them happy.”

If you are seeking to enter a meaningful relationship you could say, “Millions of people around the globe have found their soul mate and are now happily settled in comfortable, established relationships”.

The purpose of writing these statements down is to purge the negative vibes and doubts from your mind. If you are unable to accept the outcome as fact your subconscious mind is going to conjure a different outcome, and it is going to be this outcome that your mind and body focus on; therefore, this outcome is going to be the one that will become your reality and you will walk away absolutely certain that the law of attraction is one hundred percent false.

What Can the Law of Attraction Do for You?

"Why is true success so relatively effortless? It might be likened to the magnetic field created by an electrical current through a wire. The higher the power of the current, the greater the magnetic field that it generates. And the magnetic field itself then influences everything in its presence."

David R. Hawkins, M.D., Ph.D.

The law of attraction can help to determine the course of your future, and the successes or failure which you may encounter along the way.

What if the Law of Attraction is not working for me?

As you will have gathered from previous sections, the law of attraction does not always seem to work the way that all parties involved would like it to. Why is that? After all, in the law of attraction is universal, why does it only seem to work part of the time?

The answer is simple. The Law of Attraction is working all the time. However, like attracts like. So if your words are saying one thing and your beliefs and/or deep negative emotions are emitting something else, you will get that which you are emitting.

The only thing standing between you and success is YOU; this was discussed earlier.

If the mind is clogged with so much negative energy that it cannot release the positive vibes which will attract the positive energies of the universe, the law of attraction will not be able to help them. They must first rid themselves of all of these negative vibes and start fresh.

A very big question people often ask about applying the Law of Attraction to their life is how can I get more

WORK

Let us for a moment consider the possibilities of the law of attraction when applied to your working environment. For those who are searching for a job it may be impossible to find one which suits them. Is this because such a job does not exist, or is it because in your subconscious mind you believe that they will not be able to find a job and consequently are releasing so much negative energy out into the universe that you are actually driving these jobs away?

Anyone who has ever tried to search for a job (or known somebody who was) knows that you have a drastically improved chance of finding gainful employment when you are already employed elsewhere than when you are unemployed. For someone who has lost their job and is currently without employment it may seem easier to climb Mount Everest than to get that first all-important interview. It seems as though job after job simply isn't interested in what they have to offer.

Why is this? It certainly cannot be because there are no employment opportunities out there; after all, chances are they would not have applied for the job if the job had not already made its interest in recruiting new employees clear. Why, then, do people suffer from unemployment for months or even years at a time?

The answer to that is they often believe they will not be able to find a job, and consequently they have stopped trying. In their subconscious

minds they do not truly believe that any of their efforts will bear fruit, and so they are projecting that negative energy all around them.

On the other hand, an individual who already has a job is secure and confident in their ability to find a job and do it well. After all, someone has obviously thought them worthy enough to hire them (and keep them) in the first place, and chances are if they are searching for a new job it is because they are confident enough in their abilities that they believe they deserve a job that will treat them better/pay them more/provide more stimulating work/etc.

It is this quiet confidence that will lead to the effects of the law of attraction becoming obvious. Since they are projecting this positive energy around them they will be drawing in positive energy as well, attracting the job that they truly want. Remember when you were listing your goals above and you had to accept the fact that they could happen?

Chances are that you too are looking for more from your career than you have right now; if you are not, then you probably don't need to be reading this because you have obviously already mastered the ability to chart your own destiny. If you are still seeking for that golden opportunity, ask the universe for it, then sit back and wait, secure in the knowledge that the universal law of attraction will bring it to your doorstep. It might not be today, it might not be tomorrow, but it will occur.

Let us say that you are satisfied with the job you have but you are seeking a promotion; after all, no one wants to be at the bottom of the totem pole forever.

In order to get the promotion you are dreaming about the first thing you must do is remove any doubt from your mind. Walk into the interview one hundred percent sure that the position will be yours; remember, if you are still living with the belief that the position may be above you and you are not certain that you have the necessary skills to fill the position you are absolutely right.

"We are unlimited beings...we have no ceilings"

Michael Beckwith

The same principle can be applied to the opening of a new business as well. If you have ever gone to high school you have probably received the lecture on what to do and what not to do in an interview. One of the biggest don'ts in interviewing protocol is to let the interviewer see that you are nervous. By showing the interviewer that you have confidence in your ability to handle any job which they throw at you, you are increasing your value as an employee in their eyes.

The same can be said of any attempts to open a business. It is essential when approaching prospective investors that you have one hundred percent confidence in yourself and your business in order to guarantee that they will be willing to take a chance on you.

Is this need for absolute confidence a coincidence only, or is it the law of attraction at work? By having confidence in your abilities you are sending positive energy out into the universe, and consequently drawing the positive energies currently existing in the universe back unto yourself.

It is impossible to over-emphasize the importance of vibrating positive energy when you are talking about the law of attraction, and you will see this theme repeated in any and all conversations pertaining to it. The release of positive energy into the universe is what allows you to chart the course of your destiny on a strong route to success rather than a wavy road of uncertainty that will eventually lead you unhappiness, either through the failure to achieve the goals for which you have worked so hard or through the constant up and down flow of your life, never being certain which is going to dominate.

If you really just can't be just positive and confident right now, then just feel a little bit better.

I often tell people, "Fake it 'til you make it."

By this I mean, you work at becoming more like what you want to be and as you do that, the Law of Attraction will work with you to give you more of that which you are wanting, even in positive attitude or confidence. So use the Law of Attraction deliberately EVEN in helping you to apply The Law of Attraction.

REAL STORIES

This happened over a few weeks time and definitely seems impossible, but it did happen. I will summarize it here.

A middle aged woman came to me for help to apply the Law of Attraction to change her life. She had bad teeth, had not attended college, had secretarial skills and not much more and lived with her parents. She first contacted me to get a secretarial job. When I'm coaching people, I always ask them for what they really want, not just what they think they can have.

She said, "It is too crazy and could never happen". I said, "Ok, you think it can't happen, but tell me anyway and we will see." She wanted to train Spanish horses.

Now, she has NEVER trained a horse of any kind in her whole life. I had her write it down and use other tools to help her with this and told her look for signs and feelings of inspired action to take.

A series of totally odd and unusual things happened in her life in the next few days.

One thing I have to say that I think helped her achieve her results so quickly was that she was very determined and so did everything I suggested with great excited and expectation.

I'll just jump to the end and tell you, within a few months, she was moved to Spain and was learning how to train Spanish horses and all her expenses for this were paid in full by the person who invited her to do this. She had never known this man or of this man before this in her life.

This is just one of many examples I have from clients successfully using the Law of Attraction to get the career or business they wanted.

LOVE AND FAMILY

There are two parts of their life which people generally try to change; their work environment and the relationships which they have with their families and their significant others. You may be asking yourself, “Can the law of attraction really help me to build relationships with the people that I love, and to mend broken fences?”

The answer is, absolutely! The people you love are governed by the same ebb and flow of energy as you yourself are, and as such their energies will naturally be attracted to like energies which are being emitted from another person. If you are vibrating positive energies and emotions they will respond in kind. They will not be able to help themselves; it is simply the way of the world.

Let us consider your family first, as with family there is already a subliminal bond which will help you to improve your relationship right from the very beginning. There are many reasons why family members may find themselves at odds with each other; it is not necessarily a pre-requisite that you like the people you love, and for families who often find themselves in each others back pockets and competing for common resources the fights can become vicious.

Regardless of the reasons you and your family may have had for your falling out it is never good to leave relationships festering like that. You want them better in order to achieve true serenity and harmony in your

life (have you begun yet to notice how closely the law of attraction interacts with other laws which govern the universe?) In order to create a relationship that has been broken you must first be confident in the fact that you not only are going to be able to mend the broken ties, but that you truly want to.

It is very easy to utter lip service to the people around you, telling them that you want to mend your broken fences (and often blaming the fact that they are broken on the other party involved, of course) when in reality you continue to carry the stain of dislike that you hold towards the other person in question. You don't really want to mend your fences, or if you do you have not yet let go of what has caused the separation in the first place.

Letting go of your resentment is an essential ingredient in finding harmony, for in order for the law of attraction to be able to work to smooth your way you must first rid yourself of all of the negative energy you have been sending towards them so far. It is important that you accept the fact that you can forgive and forget, allowing the two of you to move on with your life with a much happier relationship than you have experienced to date.

Don't try to fix it with your words. I would suggest you not even talk to them about the issues. Instead, only work within yourself to truly love them and see all the positive aspects of them. Then only converse about things you know will be joyful to them and you.

The process of attracting a significant other is much the same; however, in order for the law of attraction to be able to attract them to you, you must be very specific when making your request to the universe regarding exactly what it is that you are looking for in a relationship.

This does not mean that you should outline the color of their hair, their eyes, their political background (although if this is of primary importance you it may be worth submitting it for consideration) or their political position in society.

This is a very big error most people make when they make “their lists” of what they want in a mate.

Remember, the law of attraction means that your subconscious mind is going to be drawn to their subconscious mind, and politics are not going to be of primary importance there. Instead, focus on the kind of values you wish for them to possess, the type of relationship that you are looking to share with them (do you want to get married, date casually, etc) as well as personality traits which you feel are especially important. Then allow yourself to believe that you are going to find this perfect person for you.

Again, what you believe to be true will, so you must work on truly believing you can have this person in your life.

The last step here is the most important. As was the case in the example we used pertaining to the ability of an individual to obtain employment, the belief that a relationship with the person of your dreams is beyond your reach is going to result in you being absolutely correct. Remind yourself that every day hundreds of men and women are building a life with the person of their dreams; there is no reason for you to be excluded from this number.

It is essential that once you have placed a request for a significant other with the universe that you be willing to have patience for the desired results to occur. The whys and wherefores of this will be discussed in more depth a bit later, but for now let us look at the obvious. The universe is not always going to give you exactly what you want, exactly when you want it. It does things in its own time.

Now, imagine that you have asked the universe to give you the man or woman of your dreams, but you become impatient because they have not yet become a part of your life within a few months of making the request. You begin to date someone else, and that someone else begins to occupy your mind and your attentions until they are all that you see. They are not the person which you asked the universe for, however; they are simply someone intended to fill the time until that person arrives.

Over the course of time that you are dating this other individual, however, you have become acquainted with quite a lot of new people. These new people are shadows passing in and out of your life because they are not this new person whom you have begun to date. What would you do if the person you had been waiting for was among that number?

What if they had come looking for you, but you did not recognize them because you were so busy trying to keep yourself busy until they got there?

It is essential that you not close either your mind or your heart to the universe because of external distractions; this is the most fatal mistake you could make, for it means that you have lost faith in the ability of the energies of your mind to interact with the energies of nature to bring you your desired results, and the negative energies generated from these thoughts will result in the person of your dreams walking away from you before you even knew they were there.

REAL STORIES

I met a very successful entrepreneurial woman through a worldwide network in which I belong. She seemed to have it all, great business, lots of success, healthy, good looks, lots of money...what she didn't have was a man in her life she could love and who would love her back. She really believed it was impossible and had a whole list of reasons that to her explained why she couldn't.

Again, I will tell just the main points to keep this brief. I helped her to release her resistance of getting a relationship by having her work on changing her believing that she **COULD** have a relationship. As soon as we did this, in just one weekend, she was flying back home from a networking event. She met a man on the plane. They actually hit it off. She contacted me when she arrived home and couldn't believe it. He actually lived in her town. They started dating and in less than a year were married.

MONEY, MONEY, MONEY

money. Of course, as you've already read so far in the book, the Law of Attraction works the same way for anything.

- 1. You ask the Universe for what you want.**
- 2. You believe that you actually can receive what you are asking for.**
- 3. You feel the feelings of already having it.**
- 4. Then it will manifest into your life.**

That all sounds pretty straight forward, doesn't it. But in my experience, although simple, it may not be so easy to apply to your own life.

Sure, most people have the asking down, no problem. But usually they either do not believe that they can really have it or cannot feel like they have it.

Now, you certainly can ask for a sum of money and the Universe can give it to you if you are in alignment with that.

But, what I have seen is someone will come to me who can't even pay their bills and they immediately want a very large sum of money. It is not that the Universe cannot give them what they are asking for. It is that they do not really, truly believe that they can have that large sum of money.

Therefore, I recommend that you start with something that you can believe.

I have also found it difficult for people to feel the feeling of a sum of money. I mean, really, how do you "feel" a million dollars?? For that matter, how do you feel 10 bucks??!!

I suggest, instead, that you pick something that you can actually imagine and feel. Not so much a sum of money (although, as I said, you can certainly ask for that) but what your life would be like if you had a sum of money.

That is much easier to imagine and feel positive emotions about. Also, I recommend you start small.

If you have had trouble making your bills and are living paycheck to paycheck, ask for enough money to pay your bills and a little extra to put away. You can actually believe that can happen. You can imagine it.

You can feel the emotion of having it already. Then once that has manifested for you, then ask for the other items, situations and lifestyle changes that more money will bring to you.

This way, you will gradually be building up your creating more and more because you believe it.

It is just as easy for the Universe to give you a million dollars as a penny. Your believing it and releasing resistance to having it is the only limitation.

REAL STORIES

I was coaching a man who was always behind on his bills. His electricity would get shut off. He was about to lose his car and he really needed money now. Most of the time, when I was helping him in the beginning, he just wanted to go directly to asking for a million dollars.

It was at the beginning of my working with him and I didn't want to limit his creation so I agreed.

Since I saw no signs of more money coming to him and I doubted that he had the true inner believing that he could have a million dollars, I encouraged him to ask for, think about and feel like he had just enough money to pay all his bills up to date and on time with a little left over.

Once he was on board with that, he started seeing signs of things changing. He saved a little money on one thing. He made some extra money from an unexpected source here and there. And other positive things happened for him in the way of more money until as if by magic, he had all his bills paid up to date and a little over \$5000 in the bank.

He was thrilled and couldn't believe he had accumulated that amount AND had all his bills paid in just a little over 3 months. Since then, he continues to ask for and feels like he has the next step and the next step.

He reported to me that he has gotten rid of so much stress in his life doing this and he finally admitted to me that he really never did truly believe that he could have a million dollars back then, but assures me at the rate he is going, will be there some day soon.

I know that he will, too.

It is just as easy for the Universe to give you a million dollars as a penny.

TO YOUR HEALTH

The Law of Attraction works 24/7 non-stop regardless of your knowledge of it or your belief in it.

However, most people are getting what they are getting by default, not what they want deliberately.

Your health is no different. Whatever is your current state of health is just like your current state of relationships, money, job, career etc. It is the result of what you have been thinking and speaking.

If your health, like the rest of your life, isn't the way you want it to be, you can start to change it right now. That is the simplicity of how the Law of Attraction works. The better it gets the better it gets.

However, I know from my own and others experience that if you are really ill, it is very difficult to find a better feeling thought. BUT KNOW THIS: it can be done! And once you can find a better feeling thought, you have summoned the power of all the universe to conspire to help you achieve that which is now in alignment with that better feeling thought.

I am not saying that if you are at this moment very ill that you can miraculously be better. I believe it is possible but my believing is not what will make it so in your life. You have to believe it.

Actually, every desire has two parts: the desire or want and the belief in the ability to actually have that desire or want. Increasing either side of this can help you to achieve the desire faster.

There are many stories of people who have been healed by thinking positive thoughts and only putting their attention on positive things. This may work for you too, IF you believe that it can.

If your believing is that you need to see doctors and take medicines or supplements to be healthy, then by all means, since it is your believing, you most likely need to do that. If you can also think about already being healthy, how you felt when you were healthy, what a healthy person would be doing, etc. you will speed the healing process up by deliberately applying Law of Attraction to your health.

As with everything, the better it gets the better it gets, so right now, start to think, talk and feel about that which is right with you, that which is healthy about you. STOP telling the story of the sickness. Tell a better story. A story that is truthful and you can believe. You might have 50 things going wrong with your body, but tell the story of what IS WORKING. You can help yourself be better and you can start now.

REAL STORIES

There was a woman who was given 6 months to live. Several specialists told her she had no hope and would only get worse and worse. The best they could do was make her comfortable. After going through despair, she decided that regardless of what those doctors said, she was not going to die. She stopped researching all about her rare disease. She stopped seeing doctors and she stopped all her medications.

(I do not recommend anyone just stop medications until you are getting better but this woman did.)

She started doing only those things which made her happy. She decided she was going to live to be over 100 years old. She would make herself go for walks and travel even when she was in excruciating pain. She would only think about what was working on her body, not the many things that weren't working. And over a period of months she got better and better.

She stopped watching the news or talking about anything that didn't make her happy. And after many years, she is well. She no longer has any trace of the rare and incurable disease those earlier doctors said she had.

RAISING YOUR VIBRATION

Raising Your Vibration Will Raise Awareness and Help Manifest What Is Wanted in Your Life.

I have coached many people and at the beginning of coaching one thing is certain.

What the person's dominant thoughts, emotions, beliefs and awareness has been the cause of what they have manifested into their life so far... no exception.

So in order for them and YOU to change what you are manifesting into your life, you must change your thoughts, emotions, beliefs and awareness.

On a conscious level, this seems easy, but I have seen but this is actually the unconscious habits of belief and what you are aware of in your life that is keeping you stuck getting what you have been getting.

As a matter of fact, some of these beliefs are so ingrained in the person that even though they very strongly want to work with me to better their life, they will actually argue with me on right they are in believing what they are believing.

Examples of what people have told me:

“I have tried over and over to get a job and never get the one I want.”

“I have wanted more money for a long time and haven't been able to get it.”

“No man would want me, I'm too successful. That is why I don't have a man in my life.”

“I'm sick, I've been sick. The doctor says I will be sick. There is nothing I can do.”

and on and on.

I tell all of them... “You're absolutely correct. If you believe you can never have it any better, you are right.”

So I'm telling you, no amount of information about the Laws of Universe will actually change anything in YOUR life unless you can get unstuck from these types of thoughts, beliefs and awareness.

As I've said before, don't try to monitor your thoughts, that is about impossible.

If is much more effective to do whatever you can to raise your emotional vibration. Then, you will find as you raise your vibration, your thoughts, beliefs and awareness of what can be will be raised also.

You can begin now to create who you want to be in the future.

As you notice yourself thinking or speaking the same old comments about yourself, re-state.

Restated in a way that it is a bit believable to you. You are not going to subconsciously believe that can be happily married if you haven't had a person in your life for a long time at this very moment. You are more likely to start to believe it is a bit better.

“I think I could have a new person in my life who likes to spend a little time with me.”

This is a thought you may begin to believe. Or if the item is more money.

“I can see myself having a bit more money easily and getting closer to the amount I really want everyday.”

These statements that are just a bit better than were you are now closer to something you can believe and thus will radiate out of you as truth. Which, than starts all universal sources of the Law of Attraction working to bring you more of that true feeling you are emanating.

I suggest, that the first thing every morning and last thing every night, is to get into the habit of visualizing your life a bit better.

I still do this every day myself. I call it my “workshop.”

This you can do. You can start right now. You can start to find things that make you feel better.

You can start to state things in a bit more positive way about your future. What you have in your life right now is the result of who you WERE!

You can begin now to create who you want to be in the future.

COMMON MISTAKES

As with any skill it takes time, effort and devotion to truly master the use of the law of attraction in your life. There are a number of factors which can cause the law to behave in ways which you may not have expected, almost all of which fall back on the user's ability to follow the guidelines required to find success with this fabulous new tool.

Fortunately, the mistakes which are made with regards to the use of the law of attraction are as universal as it is, and therefore very easy to identify and correct.

Five Common Mistakes



Believing that positive thinking is enough to attract what you want.

Positive thinking occurs only on the conscious level; this is why positive thinking is not enough to put into effect the law of attraction. It is necessary for belief to enter the subconscious as well.

The mind is always operating on two levels, the subconscious and the conscious. The conscious mind is being given hundreds of tidbits of information at any given time from all five senses. This is an incredible amount of information to process, even from such an advanced tool as the human brain. The mind would slowly go crazy if it had to deal with all of that information all of the time.

Instead, the mind developed the conscious mind, which serves as a filter to review the information sent to it by the senses and retain anything that it deems important. Anything that it does not deem important is passed along to the subconscious. It is the subconscious which will retain this information, acting as the guardian of repressed memories until such time as those memories are needed again.

It has long been held that the subconscious has a direct effect on the actions and beliefs of the conscious mind, a topic which will be discussed in greater detail a bit later on, but for now it is sufficient to say that if the conscious mind is attempting to think positive thoughts while the subconscious retains a negative energy the two will cancel each other out, and the desired effect will not be achieved.



Becoming impatient.

All things in perfect timing. It is absolutely just as easy for the Universe to give you a million dollars as a penny.

It is only your beliefs and emotions on any given subject that may delay when something will manifest.

And also, there is the buffer of time in the physical universe. Which truly, is a good thing. If you manifested into your life everything you thought of immediately, you would really be very unhappy.

In addition to that, disbelieving in the law of attraction because it does not meet your established timetables (after all, it never says precisely when all of these wonderful rewards will be reaped, only that they will) causes resistance, which is a direct violation of the guidelines required to see positive results in and of itself.

And if somewhere in your being is a small kernel of negative energy, sufficient to throw a monkey wrench into the whole process of positive attraction, that can delay things too or even kill the whole process.

Remember, if you are vibrating negative energy you will attract negative energy back onto yourself.



Determining ahead of time how and when you will attract what you want

Let the universe work! It is possible to become so focused on what you think is going to happen that you manage to totally miss the event when it occurs if it does not occur in precisely the manner you pictured it would.

As we said before, the universe will choose its own time and place for all things to occur, and these events, as I've seen many times in my coaching, may take place through rather unusual means.

By predetermining exactly how you will receive the rewards which you are seeking you are taking away the many, many possible avenues the universe has to give you what you. Allow the Universe it's limitless possibilities by leaving the ways and means and how open. Just be clear on the result and believe it CAN happen with positive expectation.

By taking the ability to choose upon yourself you are essentially saying that you do not have faith in the ability of the law of attraction to effect the desired results in time; again, by setting your own time line for events to occur you will eventually come to disbelieve in the law of attraction (after all, it didn't do what it was supposed to, did it?), which will cause your subconscious to radiate the negative energy which will drive the positive energy away.



Allowing your emotions to be led by external evidence

In order to reap the full benefits of the law of attraction you need to believe that what you see now is a result of what you have been attracting to this point; again, it is essential that you realize that what has occurred in your life to this date and what will happen later on is determined by you. Whatever successes or failures you have experienced have been the result of the energies that your mind and body have released out into the universe.

It is very easy to look at the events of your life and think, "I certainly didn't want that to happen; the law of attraction must be untrue because I would never wish for something so awful." What you have to realize is that it is not always what your conscious mind wishes for that influences what your subconscious mind is projecting.

Which leads us to the fifth most common mistake.



Not removing limiting beliefs

There are many occasions in which people fall into a self defeating cycle because they are unable to control the thoughts and attitudes of their subconscious. A common argument against the law of attraction is, “Why is there so much suffering in the world if people have the ability to determine the events of their life?” No, these people have not chosen a life of starvation and servitude; however, due to their history many of them do not truly believe that they have any choice.

This disbelief in their ability to change their circumstances because “it is the way that it’s always been” means that they will continue to live this way. Their subconscious continues to project that disbelief and negative energy out into the universe, drawing back negative energy which will cause them to continue to live in this self destructive cycle of events.

It is those who have dared to dream, and believe in the possibilities presented by these dreams, who have effected the greatest changes in the world. Do you think that if the colonists had really believed that they would never be free of the British they would have been able to win the revolutionary war? If Henry Ford had not truly believed that man could ride in a car, do you think that the Model T could have been invented? If women really believed that they were destined to live the rest of their lives under the thumb of their fathers and husbands, with no say in the lives they would lead, would womens liberation ever have occurred?

The removal of limiting beliefs such as these is absolutely vital to the ability of the law of attraction to work as it is intended to. If you truly feel that the law of attraction is not working for you, take a moment to consider the things that you are wishing for. Do you truly believe that these events can take place, or are you merely making idle wishes? Do you secretly believe that you have a “one in a million” chance of any of those things actually taking place for one thing or another?

In order to project the positive vibes which are necessary to draw the energies of the universe to you it is essential that you be one hundred percent confident in your ability to effect a change and willing to believe that all of the events occurring up to that point have been a necessary prerequisite to bringing these events to be.

The key to the Law of Attraction is the **ACCEPTANCE** of **YOUR** responsibility

“...When the voice and the vision on the inside become more profound, more clear and loud, than the opinions on the outside, you’ve mastered your life”

Dr. John F. Demartini

In Conclusion

Although the power of the law of attraction has yet to be supported by any physical means its effects have been proven time and time again. I have coached many people in successfully applying The Law of Attraction deliberately.

In spite of the opposition which you will surely face, both within your own mind and throughout the rest of your societal acquaintances, if you adhere carefully to the guidelines set forth you too will be able to unlock the power hidden within the depths of your own mind and chart the course for your own destiny.

Final Reminders to Look at Daily:

Remember, no other person has to be, do or have anything differently for you to create your perfect life!

Law of Attraction basically says like attract like.

You think, feel and believe negative, you get more negative. You think, feel and believe positive, you get more positive.

You and ONLY YOU are the creator of everything that has ever happened, is happening or will happen to you. This is good because then you only have to change you to change your life.

The Law of Attraction is working all the time for everyone, even in their ignorance of it or their disagreement with it.

To deliberately apply the Law of Attraction you must work on your own emotional state and your beliefs.

The better it gets, the better it gets, or the worse it gets the worse it gets. So always just find the better feeling thought in every situation.

Be joyful and grateful and happy as often as possible every day.

Be playful with all of this. Take it easy. Working too hard at it will just create resistance and stop the positive from arriving to you.

Take some time first thing every morning before you get out of bed and last thing every night before you fall asleep to think of what you want and feel what it would feel like if you already had it. See yourself already having all you want with joy.

Would you like to have Kathy Hadley
personally coach you?

Kathy currently has a few openings in her Law of Attraction personal coaching program. If you would like to have her as your personal Law of Attraction coach, or want more information about her coaching program.

Click Here to apply:

<http://kathyhadleylifecoach.com/one-on-one-email-coaching-special-application/>

