

THOUGHT ELEVATORS

QUICKSTART GUIDE

Special Report prepared by

ThoughtElevators.com

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Congratulations and Welcome to the Thought Elevators Program!

I'm Eric Taller and I'll be your guide and coach in the Program.

This guide acts as both a quick start guide and an introduction to the program. We'll explore some of the principles that make Thought Elevators such a cutting edge program. Then, we'll also go on a journey uncovering how to make the Law of Attraction work for you in 10 short chapters. We'll also discuss how the Law of Attraction synergizes with the Thought Elevators System.

As I've mentioned in the earlier Video, the Thought Elevators Program is basically the lazy man's trick of condensing the 4 Powerful Habits of Success, Abundance and Wealth, while using technology to enhance it's effectiveness.

Now, you're probably wondering how this all works, so I'll explain everything from the beginning. First, let's talk about how your mind functions.

Your brainwaves and your subconscious thought patterns are lot like computer code.

The way you think and act is "programmed" deep inside your mind. That programming decides whether you'll attract success or failure.

Believe it or not, scientists can now analyze someone's brain, and predict whether that person will be successful in life.

For the first 6 years of your life, those brainwave patterns are constantly changing. You're still growing and learning, and so your experiences affect how your mind develops.

Then around age 7, your mind stops adapting and it settles into a constant state... determining for the rest of your life whether you'll manifest success and happiness, or failure and disappointment.

Look at it like this:

If you had a perfect childhood, then those experiences wired your brain to attract a perfect life.

But if your parents argued when you were little, or other kids picked on you... that all "coded" your mind to expect negativity, and disappointment.

So if you haven't been able to attract success, it's not your fault. It's because the experiences of your early childhood programmed your brain to the wrong frequency.

The good news is, it *is* possible to reprogram your mind.

(And no, the Law of Attraction isn't enough.)

In recent studies at both New York University and Stanford University, researchers analyzed the brainwave patterns of Tibetan monks during meditation.

These monks know more about meditation and living in harmony with the universe than anyone else alive.

The researchers discovered that the monks' brains had an increased capacity for joy and positivity "never reported before in neuroscience literature."

These monks are literally the happiest people in the world... maybe even the happiest people of all time. Why? Because they rewire their brains to feel more happiness and see life in a more positive light.

When I learned this, I realized that these Tibetan Monks had the missing ingredient to the Law of Attraction.

Like attracts like, right?

The Law of Attraction says that if you tune your brainwaves to the right frequency, then you'll start attracting your desires. The strength of that

attraction is determined by the programming of your subconscious mind – whether it's positive or negative. Positive programming means you'll attract your desires more powerfully.

Now, the subconscious minds of Tibetan Monks are overflowing with positive programming.

Imagine if someone like that tuned their brainwaves to the right frequency to attract their desires? The strength of that attraction would be enormous.

Look at it this way:

If using the Law of Attraction is like picking up a safety pin with a refrigerator magnet...

Then adding in the secrets of Tibetan Monks is like picking up a dump truck with an electromagnet.

So the question is, how can you reprogram your mind like Tibetan Monks to attract more wealth, success, and happiness than you ever thought possible?

It's all about following these 4 simple habits (and my one "lazy man's" trick).

So grab a pencil, and jot down some notes on what I'm about to tell you. These 4 habits will absolutely transform your life.

Ready? Here they are:

Number one,

Clear your mind.

It's hard not to think about your problems.

Whether it's an argument with your family or a big project to get done, your mind wants to focus 100% of its attention on your problems.

That's bad news, because stressful thoughts are like chains that keep you from manifesting success.

You've got to get rid of these thoughts, at least for a while.

Here's how:

First, if the problem is something you can easily fix, go fix it. Apologize to your family or start that project you've been procrastinating.

But obviously, you can't fix everything.

So here's what you'll do:

Write down everything you're worried about, and how you feel about it. Then go set that paper in another room. You can come back to it later.

That way, you tell your subconscious mind to stop wasting energy on worrying.

Once your worries are set aside, it's time to move on to the second habit:

Erase Your Doubts and Invite Empowering Beliefs:

Even once you clear away today's worries, you've probably got some deep doubts still in your mind.

This isn't your fault – our thought patterns were determined long ago, remember?

Whatever your doubts, you have to get rid of them, and replace them with empowering beliefs – you *are* smart enough. You *are* hard-working enough. You *can* manifest wealth and happiness.

Don't worry, this is easier than it sounds.

Figure out your exact doubts, then start telling yourself that the opposite is

true.

If you doubt that you're smart enough to succeed, tell yourself: "I'm smart enough to be successful."

If you doubt that you'll find the opportunities that you need, then say out loud: "I will find opportunities."

This exercise will make you feel confident and positive. Even more importantly, as you say these positive statements every day, they'll push through to your subconscious and reprogram your mind.

They'll become part of who you really are.

Now that you have this image of success clearly in mind, it's time for habit number three:

Visualize Success.

Visualizing success is vital to manifesting your desires.

So take a moment to really visualize yourself achieving your goals.

I have to warn you, this is where Lisa hit her first roadblock.

It's where you'll get stuck if you use a different, outdated Law of Attraction guide.

I'm about to tell you the number one mistake made by 97% of people who try to manifest their desires.

Here it is:

They only *imagine* their desires.

They don't visualize their goals at the right frequency to reprogram their mind.

It's not enough to picture what you want, or to hope for it really hard.

That won't tell the universe that you're ready for change, and it won't reprogram your mind to claim what the universe sends you.

But when you visualize your goals at the right frequency, you imprint them on your subconscious. You meld them with your true self.

You become a bright beacon that practically forces the universe to give you the opportunities you deserve.

So the question is: how do you visualize your goals at the right frequency to make them part of your subconscious?

The answer lies in the 4th habit:

Meditate to Enter the Theta State.

You're probably wondering, what *is* the Theta State?

The answer is simple: It's the state of mind when your brainwave frequency is between 4 and 7 hertz. That's the frequency of dreams, deep meditation, and – most importantly – hypnosis.

Here's how to do it:

Find a peaceful place, and get comfortable.

Close your eyes, and focus on your breathing.

Calmly repeat a mantra – pick something to help you truly visualize your desires, like "I am financially comfortable," or "My soulmate and I are deeply in love."

Now, some people will easily enter the Theta State, while for others it may take several hours of meditation. The more time you spend practicing, the quicker you'll be able to reach it.

You'll probably enter the Theta State for the first time and not even realize that it happened. But as you continue this simple meditation practice, you'll see your life change.

You'll become like the Tibetan Monks – the “happiest people on Earth.”

And the universe rewards positive with positive.

Like my friend Lisa, you'll finally reprogram your mind to attract the health, financial success, happiness, and spiritual fulfillment that you deserve.

Now I know what a lot of you are thinking:

“I'm slaving away trying to make ends meet, and you expect me to spend hours every day learning to meditate?”

I get it – you're busy.

That's why I developed my “lazy man's” trick to reprogram your brain... just by pushing a single button on your computer.

See, once I learned about the Tibetan Monks' increased capacity for positivity, I knew these 4 simple habits would revolutionize the Law of Attraction.

But I wasn't satisfied.

I wanted a way to rewire your mind in *minutes* instead of *hours*.

I researched empowering statements, visualizations, and success mantras. I learned that it doesn't matter who *says* them... as long as your subconscious mind *hears* them.

You could even watch a video, or listen to an audio.

So I collected the most empowering videos and audios I could find, and

carefully created some of my own.

But I knew that wasn't enough.

You don't just need to hear these statements... you need to hear them while in the Theta State.

I discovered that when you listen to music or sound with specific wavelengths, your brainwaves tend to follow that wavelength.

So I worked with neurological experts and sound engineers to put together audio with the same wavelengths as the Theta State.

I combined these with the videos and audios of empowering statements, and gave them to my students to test. Each one started with 3 minutes of video, and then moved to 30 minutes of audio.

All they had to do was push play. The audios would ease their minds into the Theta State, while the empowering statements reprogrammed their minds.

I was excited I'd given them an easier way to attract success.

I hadn't realized yet just how BIG of a discovery I'd made.

One day, about a year ago, I got a call from Lisa.

"I love those new audios you sent me," she said. "They save a ton of time. I listen to them while I'm getting ready in the morning."

"That's not how it's supposed to work," I answered. "You have to focus on them."

Lisa laughed. "I don't know how it's *supposed* to work, but after I watch the short videos, I just put the audios on in the background."

"And they're working?" I asked.

"Eric," she said to me, "I just landed the highest-paying client I've ever had. I finally have time to spend on just *me*. Yes, they're working."

I was shocked. All this time, I'd been thinking you had to speak directly to your subconscious like you were talking to a friend.

But our subconscious isn't a person. It's our deepest and truest self.

It's always paying attention.

So while Lisa was brushing her teeth, thinking about work or family, her subconscious was absorbing the empowering message of the audios.

And her brain was working in the Theta State, growing her capacity for joy and positivity – and the strength of the signal she was sending out to the universe.

This was big. It's not just a way to manifest your desires.

It's doing it *by pushing a button*.

I was excited with this new discovery, but I had to be sure it wasn't just Lisa. So I asked my other students to try what Lisa had done... watch the 3 minute video, and then just leave the audio on in the background.

I couldn't believe it. Every single one of my students was able to manifest their desires with just 3 minutes a day.

I decided I had to spread the news.

So I collected 9 of the most powerful of these videos and audios into a series that I'm calling Thought Elevators...

They're my "lazy man's" shortcut to transforming your life.

In this Thought Elevators System that you've just purchased, you'll get all 9 individual Thought Elevators, including:

Wealth and Money

Our attitudes toward money are one of the strongest brain wave patterns formed in our youth, and they can be very hard to break. How we manage our money affects our future wealth. How we perform at our jobs affects our future career prospects. Our brain patterns may be sabotaging us in both cases. This Thought Elevator is specifically targeted toward changing your attitudes toward money, and helping you have the thought patterns what will help advance your career.

Relationships

How you relate to friends and family members comes from how you present yourself to them and how you react to them. While it may sometimes seem impossible to have a healthy relationship with our friends and family members, it actually is possible once you change your brain's basic programming. This Thought Elevator will teach you specific ways you can change your dialogue with your family, help them appreciate you more, and control your reactions to them. The result will be better, healthier relationships.

Your Ideal Partner

Are you tired of attracting the wrong type of people into your romantic life? Isn't it time you broke free of this pattern, and instead attract the type of partners who will make your life better? This Thought Elevator will help you break the cycle of heartbreak that has been holding you back from your true romantic potential.

Health And Healing

Do you get sick often? When you get sick or hurt yourself, does it seem like you take longer to heal than most people? The truth is that your brain chemistry is in charge of both your immune system and the way you heal. When you use this Thought Elevator to create brain alignment, it will suddenly be easy to eat better and stay in shape. You'll get sick less often

and recover more quickly when you are hurt.

Energy

Do you feel tired all the time? Is it difficult for you to get motivated? This is a common symptom when your brain is not in alignment. But you have the ability deep down inside you to become turbo-charged all day long. This Thought Elevator will tap your deep reserves of energy to always feel focused and ready to embrace whatever the day throws at you.

Your Ideal Weight

Does it seem like you can never achieve or maintain your goal weight? Does your weight yo-yo up and down? Do you lose motivation when you try to diet and exercise? Negative thought patterns can lead you to believe you don't deserve to have a healthy looking, active body. This self-sabotage has been holding you back your whole life. But the truth is that you do deserve to look and feel great, and this Thought Elevator can program you to finally get to your ideal weight.

Accelerated Learning

Do you feel like it takes you a long time to learn new skills? Don't be ashamed – lots of people feel this way. But your brain is a sponge, and you can learn anything you put your mind to. You just have to get rid of the mental blocks that are holding you back from absorbing new knowledge. This Thought Elevator removes the barriers that are holding you back so you learn more quickly and retain more of what you study.

Anxiety And Stress Relief

The world is a more stressful place than it's ever been before. Sometimes it seems overwhelming, and you can suffer anxiety attacks or feel too stressed out to cope. This Thought Elevator helps you deal with stress in a positive way, while at the same time relieving anxiety so you feel calm and focused.

Business Success

Did you know that you can be just as successful in business as you want to be? It's true. The way you present yourself, the choices you make, your power to learn, and how you relate to other people determine how far you go in business. But if your mind is not in alignment, you will sabotage your business success. This Thought Elevator unleashes your natural talents and makes sure that you go further in your career than you may have thought possible.

All you have to do is watch the 3 minute video, then turn the audio on in the background and let the empowering messages and Theta State soundwaves reprogram your mind.

Your subconscious mind will absorb these empowering messages automatically, your capacity for joy and positivity will increase, and soon you'll be manifesting financial abundance and security.

Now I recommend that you watch or listen to 1 thought elevators video/audio everyday, depending on what you wish to accomplish. If you feel like having more energy, simply grab the video or audio and push play. For both audio and video, I highly recommend headphones if they're conveniently available. And then because of the strength of the brainwaves and frequencies, I recommend that you take a break after listening to the recordings or watching the videos. You will feel it's effects rather quickly, and your mind will be buzzing.

And before you go ahead and plug in your Thought Elevators, I have one last gift for you. It's actually a primer for Thought Elevators, and in the next 10 chapters, I'm going to bring you on a journey. A journey to awaken your mind to the Law of Attraction, how it really works. And these concepts are synergistic to the application of Thought Elevators. And will serve to strengthen it. So please read the whole short guide below, and take mental notes. Let's go!

Chapter #1

Finding the Right Words

A sticking point for a lot of people when they start working with the Law of Attraction is the ability to find the right words and thoughts to manifest the things they want.

When I first started using the Law of Attraction, I was having a lot of pain in my left ankle. It was the result of certain birth defects that had led to arthritis in that joint. I was wearing a brace that covered my entire lower leg and could not walk more than a few steps without pain if I wasn't wearing it.

I decided that since I'd already had a few small successes (most of them involving things like small amounts of money, parking spaces, that sort of thing), I wanted to try my hand at something bigger.

I was tired of being in pain. That much I knew. I also knew that "I don't want to have pain in my ankle" wouldn't accomplish anything because here's what the Universe hears when you say that:

Pain in ankle... pain in ankle... pain in ankle...

So I decided that I needed to insert some positivity. I started affirming, "My ankle is strong, healthy and pain free."

Now, you would think that this would amount to a solid, positive affirmation, right? But it didn't work.

Can you guess why not?

The simple fact of the matter is that even though I was telling myself that the ankle was strong and healthy, I was counter-balancing it by dwelling on something I didn't want. I didn't want pain, but confessing that the joint was "pain free" was still attracting pain. Maybe it started becoming strong and healthy but it still hurt.

The funny thing is, that's precisely what happened.

I could feel things changing in that joint. The muscles were getting stronger, the joint itself felt looser; clearly *something* was happening.

But it still hurt. And it still hurt because of me asking for what I didn't want.

So I changed my focus. I started affirming that the ankle was strong, healthy and comfortable.

A good 80% of the time now, the joint is comfortable and it continues getting stronger and healthier. It's so strong and healthy now that I no longer use the brace. I've graduated down to an ankle stabilizer with a regular tennis shoe.

So here's how you can keep your affirmations 100% positive:

1. Never tell the Universe what you don't want. That's a sure-fire way of attracting the very thing you're trying to avoid.

If you don't want debt, say, "I have all the money I could ever want or need."

If you don't want your spouse to leave, say, "My marriage is solid and stable and we are very happy."

If you don't want to be in pain, say, "it feels good!" when you get a twinge and EXPECT it to feel good. Be absolutely, genuinely shocked if it doesn't feel better INSTANTLY and it soon will.

2. Believe in what you're asking for until it manifests.

3. Apply gratitude when that thing manifests.

When I think away the last twinge of pain in my ankle I always follow up with a "thank you" or two. Or ten. Or a hundred. You can never express too much gratitude.

Be specific, be positive, banish fear and doubt and give thanks. It's a recipe for success and it will open up channels for the Law of Attraction to work in your favor.

Chapter #2

Start Small but Dream Big

Quite often when people give up on the Law of Attraction they do so because they've convinced themselves that it doesn't work.

Of course, anyone who has ever used it successfully understands that when you say, "It doesn't work," the Universe responds with something to the effect of, "So be it." In that person's version of reality, it *doesn't* work.

One thing that may help you in developing your ability to fully manifest the power of the Law of Attraction is to start small. Can you name one small thing that you want right now that you don't necessarily want to pay for?

Maybe it's something to eat. Maybe it's a drink at your local pub. Maybe you want to hear your favorite song on the radio. Seriously, who *hasn't* found themselves singing a song inside their head and had the song mysteriously start playing on the radio? That's the Law of Attraction at work. We don't have to consciously attract anything. We attract *everything* whether consciously or unconsciously.

Since I've now latched onto that last one, I recommend attracting a song that was popular a year ago – or five years ago. Make it challenging (if you decide to go that route). If you're aiming for something else, choose something that you aren't likely to get already just by being in the right place at the right time. Let the circumstances line themselves up – you just focus on what you want, not on getting it. IT WILL COME TO YOU and you need to learn to just let that happen.

When that thing manifests, first and foremost, send some gratitude out into the universe. An emphatic, "Thank you!" works well. Next, see if you can have enough confidence in yourself to attract something bigger. If you were able to successfully attract a dollar, see if you can attract \$20. Don't hatch a scheme for getting \$20, just ask for it. As you ramp up your expectations of the Universe, you will build confidence in your ability to attract bigger things.

Now I'll let you in on a secret: there is no difference between attracting a

cupcake and attracting a million dollars. It works the exact same way and requires the exact same amount of effort. Our finite minds, however, don't usually see it that way; we have to *train* ourselves to understand this.

Case in point: how many people have been fooled by this question: "Which weighs more – a tonne of feathers or a tonne of lead?" Our minds immediately think, "feathers = light, lead = heavy" and our initial reaction is that the lead is heavier. Of course the answer is quite simple: a tonne is a tonne...

...and energy is energy.

That's why I say start small, but dream big. Once you know that you can attract a chocolate bar, understand that it would be just as easy to attract a GOLD bar. Once you understand that and believe it, there will be no limit to what you can manifest. Try it and believe it's possible and you will be AMAZED at the results.

Chapter #3

Expectancy is Key

Most people simply don't believe that the things they want are within their reach. For this reason, and this reason alone, those people's dreams and aspirations never manifest.

The things that we expect to happen are the things that happen. It is absolutely possible to write one's entire future simply by forging every scenario and experience in the mind's eye and then simply expecting that the picture in our head is the one that is going to manifest.

Now let's be very clear on this point: there is a qualitative difference between wanting something to happen and *expecting* it. No one wants to die of stage 4 cancer but plenty of people do. Even though they don't want to die, they *expect* that the cancer will kill them. The Universe responds with, "So be it," and that is where that person's story ends.

Now, before you get offended by being told that your grandmother died of cancer because she expected to and not because it's a horrible, debilitating illness, you need to understand one basic rule of the Law of Attraction: cancer is a horrible, debilitating illness because people feed it energy that makes it a horrible, debilitating illness. Deny it energy and the same thing happens to it conceptually that happens to our bodies if we deny them energy: it dies. The power it has over us is broken. The reality we create ALWAYS prevails. So here are a few things to remember:

1. It's not about what you *want*. It's about what you *expect*.

If you ask the universe to send you money but still expect the bank to foreclose on your home, that's going to happen whether the money shows up or not.

And, honestly, it probably won't show up because if you can't see past the problem, chances are you're not going to attract the solution.

2. It's not enough to ask. You need to expect.

Expectation and belief go hand-in-hand. You cannot believe in something if

you don't expect it to come to you and you can't have a genuine sense of expectancy if you don't believe that thing is going to manifest.

3. You're not fooling anyone.

Saying "I expect _____ to happen" and meaning it are two different things and the Universe knows the difference. You need to clear your mind of doubt. If you don't believe your own affirmations they will not amount to anything. If you can't make yourself believe in something, TELL YOURSELF YOU CAN until you believe it and are able to do it.

When you approach the thing you want *expecting* it to be so, you create a reality where it is so. Don't put it in the future. Focus on the here and now. Don't look down the road for grandma to be cured of cancer. Confess that she IS cured RIGHT NOW and expect a phone call from her telling you the same. Create the best reality possible for her in the here and now and watch as the Universe responds by making it so!

Chapter #4

Creating a Vision Board

Nothing manifests the things we want faster or allows us to stay focused on them better than having a tangible representation of the thing we want – something we can see, touch, etc.

This is why a vision board is such a powerful tool for learning how to master the Law of Attraction.

Is there something that you've wanted for a long time but circumstance has stood in the way of you having it? Maybe that's because right now it's just a notion or an idea.

What if it was more? What if you had something that you couldn't help seeing every single day that represented the things you desire? What if you had to put your hand to creating that representation? What if you could put your own positive energy into the pursuit of the things you want?

That is where a vision board comes into play.

Simply put, a vision board is made up of objects (usually pictures) that symbolize the things we want. If you want to attract a car, put a picture of the car you want on your vision board. If you want to attract a spouse or partner, find pictures of happy couples or of a person who matches your physical ideal and put them on your vision board. **MAKE** yourself see these things. **CHALLENGE** yourself to believe that they are entering your life **RIGHT NOW**.

By having these representations in your home right now you are drawing the actual things closer to you. You will already feel like you are surrounded by the things you want and the more you acclimate to them being there, the faster you are going to attract them.

Vision Board Dos

There are a few things you should always do when creating and maintaining a vision board. Here are a few of them:

DO be impulsive. See it, want it, tack it up on your board.
DO expect to have everything you put on your board.
DO be liberal with what you ask for and represent it well on your board.
DO ask for whatever you want no matter how big or small.

Vision Board Don'ts

Of equal importance to what you DO use your vision board to accomplish is how you DON'T use it or interact with it. Here are a few examples:

DON'T plot and scheme and try to come up with ways to acquire the things on your board. LET THEM COME TO YOU.

DON'T decide that anything on it is out of reach. It's not.

DON'T be selective based on cost or accessibility. This is about what you want, not what you THINK is attainable.

DON'T doubt your ability to attract ANYTHING on your board. We attract everything in our lives whether consciously or otherwise. Consciously create a reality that includes everything on the board, expect it to manifest and it will.

DON'T clutter your board with things you really don't want. Focus your energy on the things that matter. Remember that those blots of negatives (I don't really want that) can create a barrier to manifesting the things you do. Keep the energy associated with that board 100% positive.

Most of all, have fun with this. It's fun to dream and it's even more fun when we manage to pull those dreams into reality. Seeing it, touching it, being confronted with the things you want all the time will steel your resolve to have it. THAT is where the real power comes from. That's the point of your vision board so don't wait – get moving on this today.

Chapter #5

Lessons from Willy Wonka

Recently, our local cinema did a special screening of the original film version of "Willy Wonka and the Chocolate Factory." The last time I saw this movie I had not yet discovered the Law of Attraction.

All I can tell you is that Roald Dahl understood it and even though the film version deviated from the original story just a bit, the essence remained well intact. Charlie Bucket and the other children in the narrative are the embodiment of everything that the Law of Attraction attempts to teach. Let's look at a few key aspects of the story, as told in the film.

1. Charlie could see big things in small things.

Charlie took his wages from delivering newspapers and bought a loaf of bread to feed his family. To anyone else that loaf of bread was just a simple thing but to Charlie, it represented wealth and excess and that was precisely how he presented it to his family. He held that loaf of bread up like it was made of gold and, to that family, it was the next best thing. That loaf of bread was a foreshadowing of all the good things that Charlie was going to manifest and be able to give to his family. With that in mind...

2. Charlie was a giver.

In fact, he was so good at it that it made him sad when Grandpa Joe didn't want to take his money to buy tobacco. That giving spirit returns to Charlie later on when, instead of buying tobacco, Grandpa Joe buys Charlie a Wonka bar. Give and you will receive. It's Law of Attraction 101.

3. Charlie had moments of doubt and despair.

We all find ourselves mired in circumstance from time to time and even though the Universe HAS TO deliver on the reality we create, trudging through the muck and the mire also teaches us some valuable lessons. Charlie's moment of self-loathing when he confesses that he will NOT find a golden ticket reminds us of how easy it can be to lose sight of the things we want no matter how badly we may want them. It also serves as a warning for how that kind of thinking manifests in our lives.

4. Charlie's Expectation Manifested in Reality

When Charlie learned that the last golden ticket was a fake, his expectation turned IMMEDIATELY to the Wonka bar in his hand. That spark of hope that he still had a chance at finding that ticket had ALREADY put it in his hand even before he had any notion that he might be holding it. The moment he heard he still had a chance, he opened the wrapper EXPECTING to strike gold and he did.

5. All the other children attracted calamity in accordance with their actions and attitudes.

It was classic cause and effect. Every other child's story ended badly because they made bad choices and subsequently attracted bad things. Selfishness and negative behavior can only work against us. Attitudes are thoughts like any others. Gratitude, positive thoughts and right actions create a clear channel for manifesting good things in our lives.

Who would have thought one could learn so much from a day at the cinema? It just goes to show that the Law of Attraction weaves its way through EVERYTHING. That story might be fiction but it all but screams the truths that make up the Law of Attraction.

Chapter #6

Knowing Why

Knowing why you want something is every bit as important as wanting it.

Simply wanting something will not attract it. We all think we want a lot of things but, at the end of the day, our actions and our thoughts suggest otherwise.

How many times have you been in a store, saw something on a shelf or display and thought, "I'd like to have that!" but an hour later, on your way home, it's no longer even a thought in your head? Next time you're in that store you see it again and you remember that you admired it but now that feeling of want is diminished. You like the idea of having it but actually having it isn't a priority.

That's what happens most of the time when we fail to manifest something. We fail to attract things because they're just fleeting notions; they don't really mean anything to us.

So what about those things we want desperately but find difficult to attract? Here are a few ways you can start, right now, to develop your "why" and start attracting things into your life more easily and less stressfully.

1. If there's something that you think you want, start by asking yourself, "why do I want that?"

It's an elementary concept but it's a point that is often skipped or minimized in the process of obtaining things.

By simply asking yourself the question, your mind zeroes in on that thing and you start seeing the benefits of having it. You feel the emotions associated with having it. You experience the joy it brings to those around you...

...or not.

And if not, chances are you don't really want it. It's time to start focusing your energy and attention on something else. If, however, you do come up

with a coherent answer, you need to take the next step.

2. Get it into your head that it's yours already.

This will validate your "why" and keep your mind focused on it.

The Law of Attraction focuses greatly on the Here and Now. You will not attract some nebulous idea or something that you want five years from now. The Universe doesn't know from "five years." Time is a human construct. Clocks and calendars exist. Time doesn't.

If you know why you want something, visualize your life being impacted by having it. Feel the joy of having it. Give thanks that you *already* have it. Be presumptuous! Expect that it is going to manifest and it will.

3. Give thanks in advance.

You want to not simply affirm that the thing is yours already, you want to be *grateful* that it is in your possession or is part of your existence. As you envision your life with this thing in it, say, "Thank you!" and mean it. An attitude of gratitude opens up channels unknown for the Law of Attraction to work in your life.

It's the perfect formula: Know why you want it, affirm that it's yours already and hold on to an attitude of gratitude. That is how you're going to manifest everything you want and need and it's how you're going to avoid attracting things that don't serve you.

Chapter #7

You Need to Take Action

One of the biggest mistakes people make when attempting to use the Law of Attraction is that they wrongly assume that all they need to do is wish for things and they will appear.

Previously, I've even said that it does no good to plot and scheme your way to the things you want and that's true. Yes, these things WILL just come to you, but positive, forward action is necessary if you want to attract things.

You need to be willing to give if you are going to get.

So what does the Universe expect you to give in order to receive? Let's take a look at a few things.

1. The universe requires your thoughts.

Your thoughts need to be positive and they need to be centered. You cannot dwell on the dissatisfaction of living without x, y or z or else the Universe will respond by keeping those things out of reach.

Organize your thoughts in such a way that you anticipate and expect what you want to come to you. This doesn't mean you just sit back and wait. It DOES mean that you are preparing to take action.

2. Do whatever it takes.

Sometimes the extra money you seek will come in the form of extra hours at work or a new client or a new job opportunity. The problem is that maybe you don't want to work those extra hours. Maybe you don't want to take on another client right now because you're already very busy. Maybe the thought of starting over at yet another job just doesn't appeal to you...

So just how badly do you want this? That's the question.

You WILL have to take some kind of action to have it. If you don't like how it manifests, start consciously creating a different scenario. Start envisioning easier ways. In the meantime, however, DO WHAT IT TAKES to have what

you want and need. This will keep your mind focused on the money or thing that you're pulling yourself out of your comfort zone to have.

Above all else, realize that the Universe will never put you in a position where you must do harm to yourself or to someone else to have what you want. That is counter-productive and can only attract negativity. So when I say, "do whatever it takes," I'm not telling you to rob a bank. The Universe deals with matters on a far more constructive level.

3. Don't give up.

People often criticize the Law of Attraction because, "it just didn't work for me." Really? How long did you keep at it? How long did you spend training yourself to think the right way to start manifesting things? Mastering the Law of Attraction takes effort. You don't sit down at the piano and start playing concertos. You start by learning where Middle C is (and WHAT Middle C is) and how to play a scale. If you can't play a scale, you will never master the concerto.

If you know what you want, you have to be willing to do whatever you need to in order to get it. That includes pouring all your thoughts into it, committing to doing your part to obtain it and never, EVER giving up until you have it. If it's worth having, it's worth pursuing so get up and seize that thing that's going to make you feel balanced and happy. It's yours already, just claim it!

Chapter #8

The Elusive "They"

I know we're not supposed to have negative thoughts when attempting to master the Law of Attraction, but some things really get on my nerves. One of them is the elusive "they."

Most of the time "they" is a nebulous idea people use to remove responsibility from themselves. "They" provide an effective scapegoat. "They" make the rules. "They" make the decisions. It has nothing to do with "me."

"They won't let me do that." "They said I couldn't give you a discount." "They said it's going to be a week before we can send a technician to fix your Internet." "They don't give us access to that part of the system."

Ah, the elusive "they."

When it comes to the Law of Attraction, "they" have a lot to say, don't they? What are some of the things "they" say?

"They" say that this is a load of old tosh. "They" say that those of us who practice actively working within the Law of Attraction are delusional. "They" say it doesn't work.

Well here's what I say to the elusive "they."

"They" are just a notion. "They" are stuck in their rut. "They" don't have a vision of their lives that is any more grand than what they are experiencing right now. "They" are uncomfortable and "they" are dissatisfied. Subsequently, "they" don't want YOU to have a better existence than theirs so they project their self-imposed limitations onto you.

Here's the thing about projecting...

When you project a movie onto a white screen you can clearly see colors, images, and pictures. They even trick you into thinking you're hearing that

screen talking to you. You can toss anything you want onto that screen. You can make it reflect back to you any image you wish...

...but, when the projector goes off, that screen is still white. It is unaffected by anything that has been projected onto it and becomes, once again, a blank canvass.

That is how we all MUST deal with the elusive "they." We need to understand that when they insist that this is all bunk, when they try to convince you that you are living in a fantasy world, when "they" try to impose their reality on you, just remember that under all that projected silliness, your future, your dreams, your wants and desires all have a pristine, blank canvass on which to manifest.

Don't be afraid of anything "they" have to say. "They" need to be able to see their own misery projected onto you, but that's *their* problem, not yours. "They" are creating a reality wherein the Law of Attraction is bunk. Let them project that opinion all over you. It will have no lasting effect. It will not become burned into your psyche or tarnish your experiences of anything...

(as long as you refuse to let it)

See, the elusive "they" can be very convincing, especially when you're experiencing doubt. That's when you start taking interest in what's being projected and start taking it seriously.

Always see the opinion of "they" for what it is: *their* opinion. Every experience we have begins with thought so don't let someone else's thoughts dictate YOUR experiences. It's your job to create your reality so do it and do it well.

Chapter #9

Stretch and Grow

The Law of Attraction provides endless opportunities to test our own boundaries and explore our own potentials. There is a real learning curve involved in discovering how to use it effectively.

The process, however, can be a difficult journey. On it we learn things, mostly about ourselves, that can be uncomfortable. We find out things about ourselves that have been dormant for years, sometimes decades.

Why do so many people decide so quickly that this doesn't work? Why is the world not teeming with people who are wealthy beyond imagination if this thing is real? Why do people die of cancer if they can think it away?

If it's so easy, why don't more people know how to use it?

Well, first of all, I don't ever recall anyone saying that it's easy. It IS simple, but it's not easy. There's a big difference. The problem is that most people use those terms interchangeably and that's their first mistake.

The second is that they don't understand that this is a process. It takes years of practice to become a concert pianist or a professional athlete. It takes years of study to become a doctor or a lawyer.

So what makes you think you can master this in a day?

This is why we say start small. We don't teach kindergartners how to spell big words. We teach them about each letter first – what it looks like, how it sounds, how it's used. Then we delve into words. When they get older we teach them about parts of speech and how to form sentences, then paragraphs, then essays, then term papers, then dissertations. It's a process. No five-year-old ever wrote a doctoral thesis (although Mozart did start composing music at that age – thereby proving that ANYTHING is possible).

With the Law of Attraction, it's best to start small. Try to attract a \$20 bill and you find one tangled in a rose bush. That's a minor victory and it should

be a springboard for bigger things. The problem is that most people never make it past that point, if they even get there in the first place.

The stretching and growing aspect of this is a huge turn-off to a lot of people. They want to be star athletes without ever performing one push-up. It just doesn't work that way.

Stretching is uncomfortable. You will face perceived failure on this path. You will experience disappointment. All of these things stretch and grow you and all of them teach you lessons that will make you more efficient at using the Law of Attraction down the line.

If you're willing to be stretched, you will soon reach heights that you never dreamed possible (but will learn are). Stay the course. Learn as you go. Be willing to make mistakes. It's all part of the process.

Most people give up at a point when success is just around the corner. Those who understand the Law of Attraction also understand that if the corner is there, it's worth having a look around it before deciding that there's nothing there.

"There's nothing around the corner."

"So be it."

Don't let THAT be your reality! If you can imagine it, it exists. If it exists it's within your reach. You might have to do a little stretching to be able to reach it but it's worth the effort! As the saying goes, "no pain, no gain." Be willing to be uncomfortable once in a while to have what you want. It is worth the momentary inconvenience.

Chapter #10

Mirror, Mirror

When you look in the mirror, what do you see? What kind of reality are you creating as you look at your own reflection?

I'd like to share this story with you so you can understand just how much impact the Law of Attraction has on us emotionally and physically.

Remember that the Universe is not a malevolent force. It is completely neutral. It responds to our thoughts and behaviors. It HAS to. So if you're dissatisfied with anything about yourself, take a leaf out of my friend Kevin's book.

"For years I was very overweight. In fact, I weighed twice what a man my height should weigh. I had lost weight before but had always gained it back with interest. If I lost 40 pounds I would gain back 45. If I lost 60 I would gain back 70. At my biggest I was 365 pounds and completely miserable.

"At that weight, I had severe joint pain in my knees and ankles. My back felt like it was under constant strain (and it was – from carrying that enormous body). Of course I complained constantly about these things which only made them worse.

"My body was quickly deteriorating. I couldn't get up out of a chair without aid anymore and I dreaded climbing the stairs to my bedroom at night. It was then that I made a decision. I needed help. I needed to change my relationship with food altogether.

"I remember, looking back, having that very conversation with my mother. What I didn't know then was that the simple act of making that confession – saying out loud and believing that I needed help – was the first spark of light on my journey with the Law of Attraction.

"As soon as I confessed that I needed help, help appeared. I got into a weight loss program that included hypnotherapy and a strict, yet easy-to-manage diet plan. Within a couple days I started noticing changes and I got excited.

"All of a sudden I *believed* that I could be thin. I looked in the mirror and no longer saw a fat guy. I saw a thin, healthy guy waiting to emerge. I started picturing that guy when I looked in the mirror and, suddenly, the image in the mirror started changing.

"The fact of the matter is that the image started changing long before the face did, but because I made myself see the face I wanted to see, within a year the image I had in my head was the image the rest of the world could see. In 12 months I dropped nearly 150 pounds. I started telling myself, 'you look amazing! What a sexy, gorgeous man you are!'

"That confidence started radiating out to the people around me and even though I know I still have a little weight to lose, I never EVER criticize my own body or think negative thoughts about the experience. In over a year I have not cheated on my diet. Not one time. I am staying the course because it's what a sexy, gorgeous man does if he wants to stay that way.

"And I AM staying that way."

Wow, Kevin! You really get it. What do YOU see when you look in the mirror? It matters. See only good things, say only good things and those things WILL manifest.

It doesn't matter if you've struggled for years to get past your insecurities. There is no personal demon you can't conquer – and conquer *permanently* – by simply making the necessary changes to your life's narrative. You are in charge, so TAKE charge!