

# Part

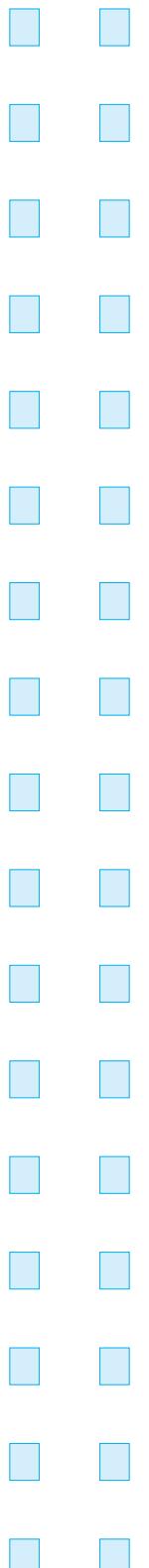
## How it works

In Part A, you will find the foundation principles of how we create our experiences through mind activity. These principles have been spoken about in whispers for generations and across cultures. Once you know how these work, you will be able to start unlocking the power potential of your mind so effectively that you will learn how to bring about any outcome you choose in your life. The principles and the 'how it works' of creating a happy life are outlined here and given in an easy-to-understand style.

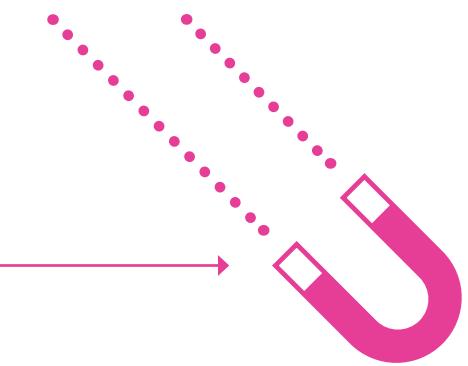
# Attract

## In this chapter...

- How it works
- Energy is magnetic
- I am attracted to you
- Thoughts become things
- Law of Attraction
- You create your reality



The whole universe is made up of energy.



### You are a vibrating magnet.

Your mind is a powerhouse and has a strong attraction-based engine; it attracts things to it that correspond precisely to the thoughts and feelings that are given out. With your mind, you are the most attractive thing in the universe.

We live in an attraction-based world, and we create and pull towards us everything that we experience in our lives. Everything that shows up comes directly from the nature of our thoughts, emotions and words.

This happens every time, without exception. We are responsible for everything that happens in life, and once we know how this works, we can ride that wave and make it work for us. We can have more love,

more health, more wealth and more happiness simply by making a few adjustments to the things that we do with our minds.

Sounds interesting? Would you like to change your life for the better and get happier right away?

If so, read on.

### A. How it works

First off, let's consider the nature of the universe, starting off huge and then ending up small.

Scientists have recently found that the whole universe is *energy-based*. All forms of matter, whether solid, gas or liquid, are made up of energy. We now understand that, at the atomic and subatomic level, all

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**Energy attracts energy of a similar quality and vibration. This is what the Law of Attraction is all about and it works through the laws of physics.**

things can be broken down into smaller and smaller components, which all end up being a form of the same kind of energy.

Human beings are energy. A table is energy. A plant is energy. The sea is energy. Air is energy. Thoughts are energy. Everything is made up of the same stuff and is connected within the same energy matrix. In other words, and in terms of quantum physics, everything in this universe is made of the same stuff. The implications of this are incredibly exciting and as vast as the universe.

To continue with this idea, things which feel 'solid' and things that are 'fluid' are actually the same; they are simply energy vibrating at certain rates. We are all operating within the same huge energy field. We truly are 'all one' and from the same big clump of energy. You and I are the same; we are energy beings. Where we live is an energy universe. We come from the same material and same energy mass – it's all one great big universal energy system that we are swaying and whooshing about in right now.

This universal energy is intelligent and creative and it transmutes into things straight from its original form.

**Notes:**



Vibrate

How does it do this? It starts with thoughts.

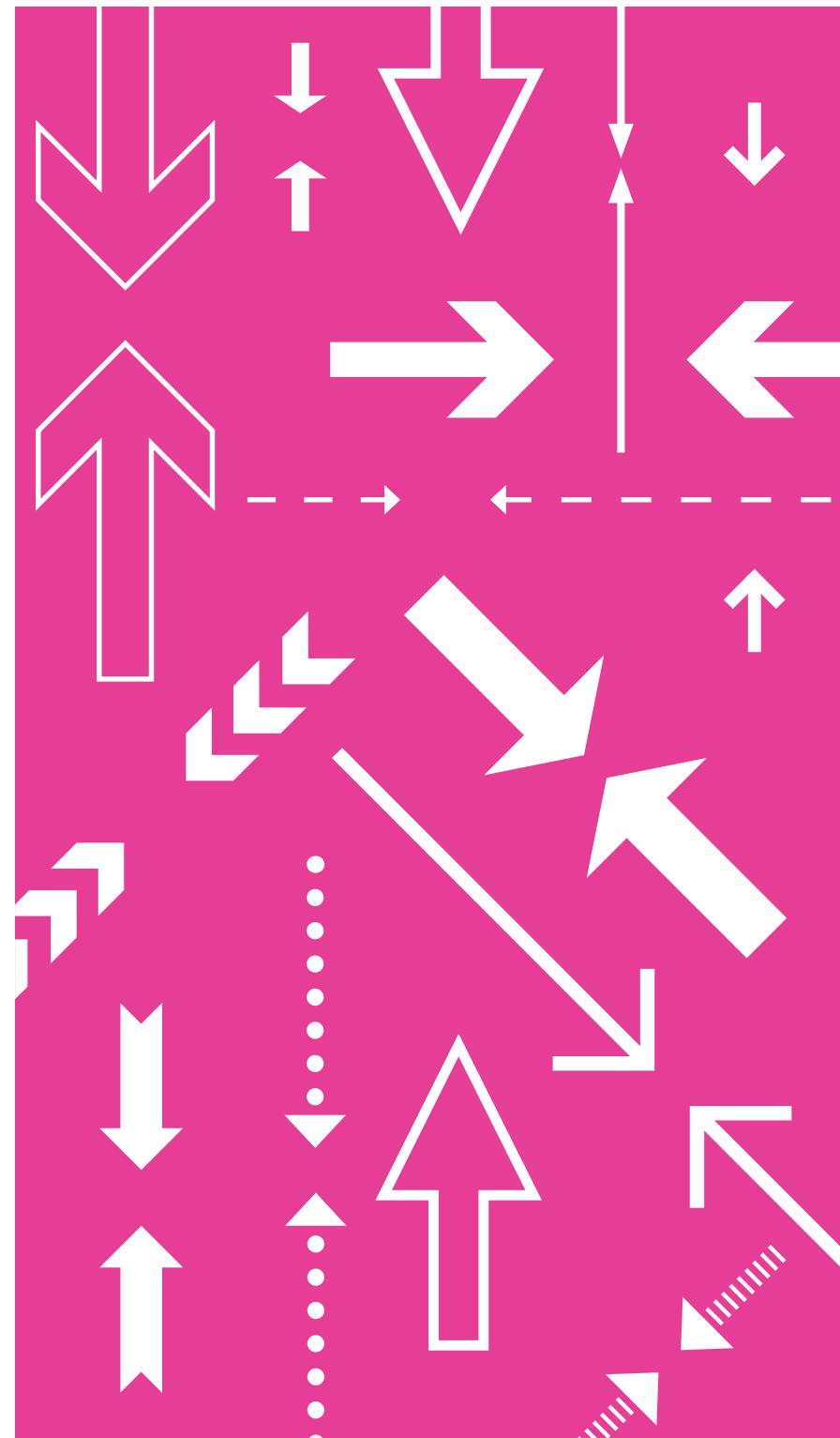
**Everything is made of the same creative stuff – the putty of life is all the same.**

Because everything is of the same stuff, there is a correspondence between all things – everything is connected to everything else at some level. This has enormous consequences in the field of mind physics and life-change. Energy vibrates at different rates and has different qualities at these different rates or 'frequencies'.

Matter is quite dense and compact and, therefore, is slow to move or change. For example, a rock face, being very dense, would be slow to change but, over time, it would gradually erode. Water changes much more easily and is affected by external temperature and humidity quite speedily. Thoughts are a much lighter form of energy than either of these, and are capable of changing swiftly and easily – in a moment.

**B. Energy is magnetic**

How does this idea relate to our thoughts, feelings and visualisations? As these are all energy-based forms,





Heard the saying, 'be careful what you wish for; you may just get it'? How very true this is.

they attract life experiences which mirror and reflect the content of our thoughts and feelings back to us.

Now we know and understand that how we think and feel magnetically attracts what comes to us in our lives. Once we become aware of this scientific fact, we can see why thinking positively is so important to having a happy life, as it directly affects and creates the positive things that show up in our lives. It now becomes really clear how important it is to keep a handle on what we feel, think and talk about and the vibration of the people that we spend our time with.

All of these aspects affect the kind of lives that we have right now. Everything that has shown up in our lives so far is a direct result of our earlier mind activity. This is true for absolutely everything you are experiencing in your life today.

#### C. I am attracted to you

We live in an attraction-based universe and all things are magnetic. Our life conditions are simply and purely affected by the energy and vibrational mix of the thoughts and feelings emanating from our magnificent minds.

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It's important to know that the information given here is scientifically proven. Once you get this, you can really see and appreciate that what we think and feel does affect our futures.

We must be careful and disciplined to think, feel and sense the things that we choose to bring into our lives. Everything we think about and focus on, we magnetically attract directly into our experience. From this moment on, now that you know this, you will be more aware and careful about what you think, say, do, feel, imagine and wish for.

#### D. Thoughts become things

A thought is a very light, malleable form of energy. Unlike denser forms of energy, thoughts can instantly start the process of creating an experience. An idea in the mind is always the first component of anything happening in life and it is a thought that precedes our life experiences or 'manifestations'. In order to plan a holiday, you first have the thought of going on holiday. With the thought in motion, the vibration is set up and sent out like an e-mail that will attract the manifestation of the thought in physical terms – before you know it the thought vibrates

We need to upgrade our positive thinking, feelings and focusing.

back and turns into a physical manifestation in your life.

**man·i·fest** *verb*  
*to make evident to the senses, especially to the sight; to show plainly; to reveal or display what may have at first been obscured or hidden; to appear in visible form.*

#### E. Law of Attraction

What we think about and focus on materialises in our lives. When you are positively thinking about good things, you will attract them. Similarly, if someone is focused on doom, gloom or unhappiness, you don't have to be a genius to work out what they will be actively attracting into their world.

It is simply a law of physics. The physics of waves and particles means that **you will get more of whatever you're thinking most about attracted to you**. The focus point of your attention will be the trigger for what is manifested directly into your world.

We must focus less on the bad news, on the miserable and the negative. In order to attract happy lives, we need to concentrate on all good things, filtering for what we have already and what we would like to attract.

This is assuming we want to create wonderful abundance and harmony in our lives. It is my guess that you may be looking for more good things to come in – rather than doom, gloom and an increase in unhappiness – if you're reading this book.

Sometimes our negative beliefs and negative programming get in the way of the process of looking on the **bright side**, however it is necessary to stamp out these beliefs in order to be able to think positively and focus on what you want. (We will show you how to sort this out later in the book.)

Sure enough, what you are expecting will show up; whatever you believe will come into play. Does this sound familiar to you? This explains why, when life gets better, it just keeps getting better, and when you feel that you can only attract bad stuff, you attract more bad stuff and head off in a downwards direction generally, confirming your beliefs.

It's all about your mindset. We need to change your mindset from one of lack to one of abundance and then watch life catch up with this belief. Go there first with your mindset, and let life correspond with it.

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**Thought → Image → Clarity → Feeling → Attraction → Manifesting**

### F. You create your reality

Just thinking positively won't crack the nut. There is more to it than this. The good news is that it's very simple once you know how, and it all gets explained in this book.

We carry blocks deep inside that we are not even aware of and that hold us back. Once we see these and release them, we are on our way, and these old blocks are doomed. We can move forward without being stuck.

There are powerful methods which will help us to identify these old patterns and beliefs that are hurting us. Once we have identified them

we can then use mind power techniques to kick these beliefs out of our lives forever. Belief-busting techniques for doing this easily and powerfully are given in Part C.

As you go through and get to understand this area of creating your life by design, take note of any obstacles or recurring negative 'mind chatter' that comes up, so that you can identify it and then clear it easily when you get to that point.

Many of us have blocks and mind programme patterns that no longer support us. These need to be cleared out and replaced with more positive, abundance-building beliefs.

### Chapter 1 checklist



Your mind is like a magnet



Everything is made up of energy and all energy is magnetic



Thoughts and feelings attract corresponding experiences



We become what we think and feel



We create our realities with our thoughts and emotions



Leave negative, toxic, bad news and gossip behind



Focus on the good stuff to have a great life



### Make a change

Find a place where you will be fine to relax. Allow yourself to imagine a new experience, set a positive intention and give thanks that life is changing. Know that great things are already happening to you.

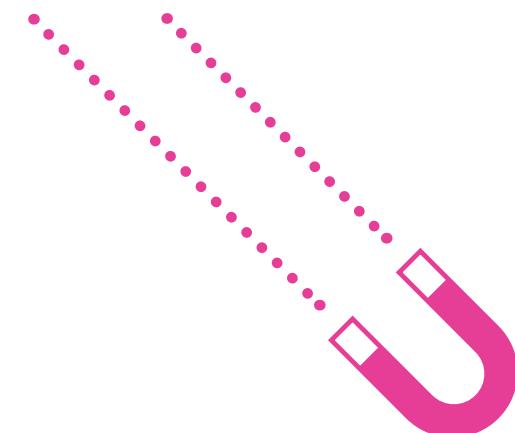
The setup for fast and positive life changes comes in now.

The instruction to your unconscious is to simply and swiftly make the mind changes necessary, adjust to the new downloads and update your inner operating software.

**Audio 01: This audio will give you the tools to begin and get you ready to make some big changes for the better.**



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