



Law of AttrACTION :

Introduction (SESSION 1)

CARIDAD SAENZ

Why the Law of Attraction ?

- ▶ Do you want to Achieve whatever it is you seek in Life ?
- ▶ Are you wanting the Ability to become who you want to be ?
- ▶ Are you seeking success in personal relationships ?
Or finances ?
- ▶ Are you wanting to manifest *miracles* in your daily life ?



You WILL also

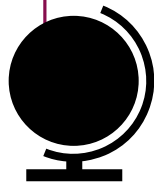


- ▶ Possess the ability to overcome current and future obstacles in your life
- ▶ Have the ability to manifest miracles in your daily life.
- ▶ Achieve the power of healing and manifesting



THE LAW OF
ATTRACTION WORKS
FOR **EVERYONE AND
ANYONE** –

THOSE THAT HAVE
ATTRACTED EVERYTHING
THEY WANT IN LIFE HAVE
DONE SO BECAUSE THEY
THINK OF NOTHING BUT
THEIR DEEPEST DESIRES IN
LIFE.



Law of Attraction is for **ANYONE**

The Law of attraction is a primal function of
the universe : it is as natural as the air.

**Think of it as you would Gravity : it is always
there**

It works if you
erase
negativity and
embrace
positivity.





DO NOT
UNDERESTIMATE THE
POWER OF YOUR
THOUGHTS -

Wants

Not the

NOT WANTS



▶ IN SIMPLE TERMS : WHAT YOU THINK OF IS
WHAT YOU GET

▶ If you are constantly living in fear worried about debts or what can happen to you, you are sending those signals out into the universe. Most people are great at telling you what they don't want in life. And focus all of their energy on the NOT WANTS .

BELIEVE

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We were taught as children that we answer to the world.

But with the law of attraction : the Universe works for you and with you.

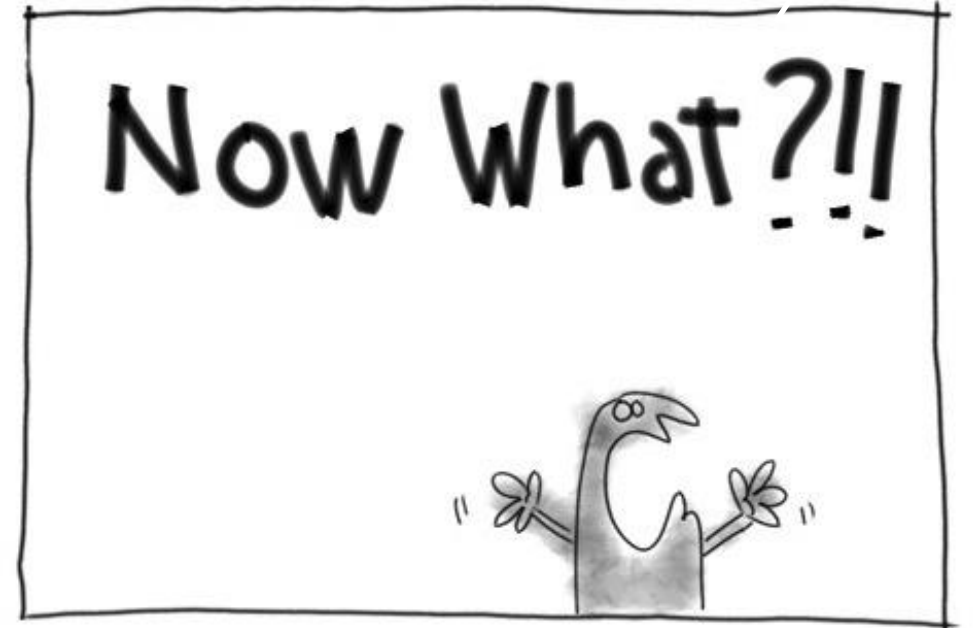
The signals that you transmit are the ones that return to you

TIME + ENERGY + ACTION



= determination

Congratulations ! You now know that you want to use the law of attraction, what do we do now ? Being aware of the law puts you in an obvious advantage.



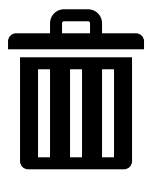
activation ?

Un – learning:



Un learning requires both LEARNING and complete discarding of concepts, theories, and long-standing beliefs.

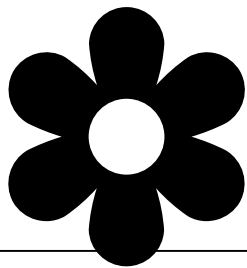
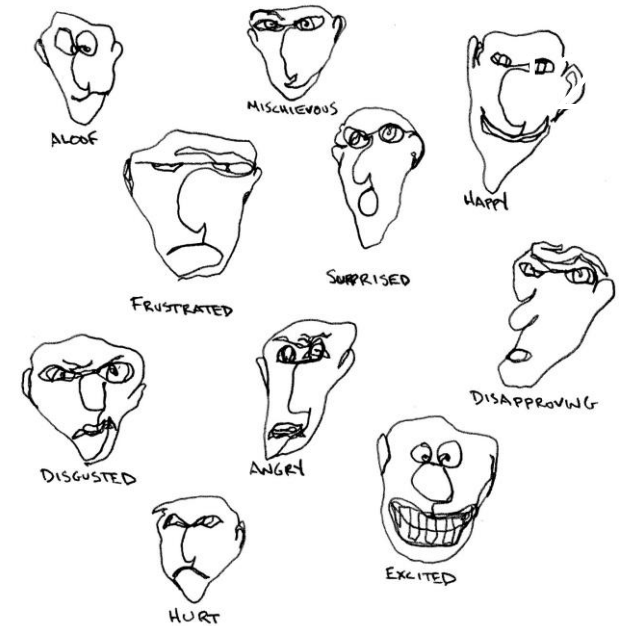
*There must be conscious learning and a complete **DISCARDING** of old beliefs*



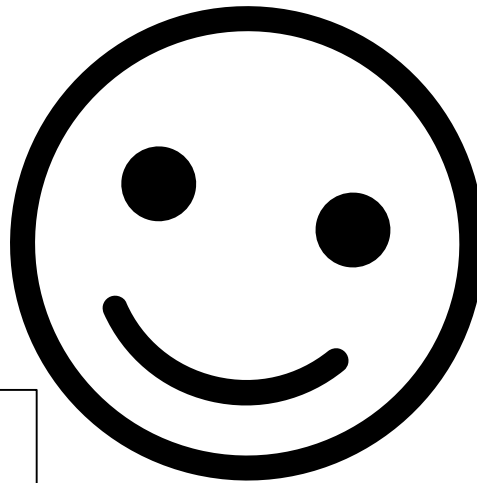
Mastering your thoughts requires

mastery of your emotions as well .

You must be conscious of what you are *feeling* so you can easily trace the path toward *what you are thinking*. AN EMOTION WILL ALWAYS HAVE A TWIN THOUGHT.



Embrace your emotions and try to find out why you are feeling that way. This way, real-life obstacles and problems can also be resolved easily.

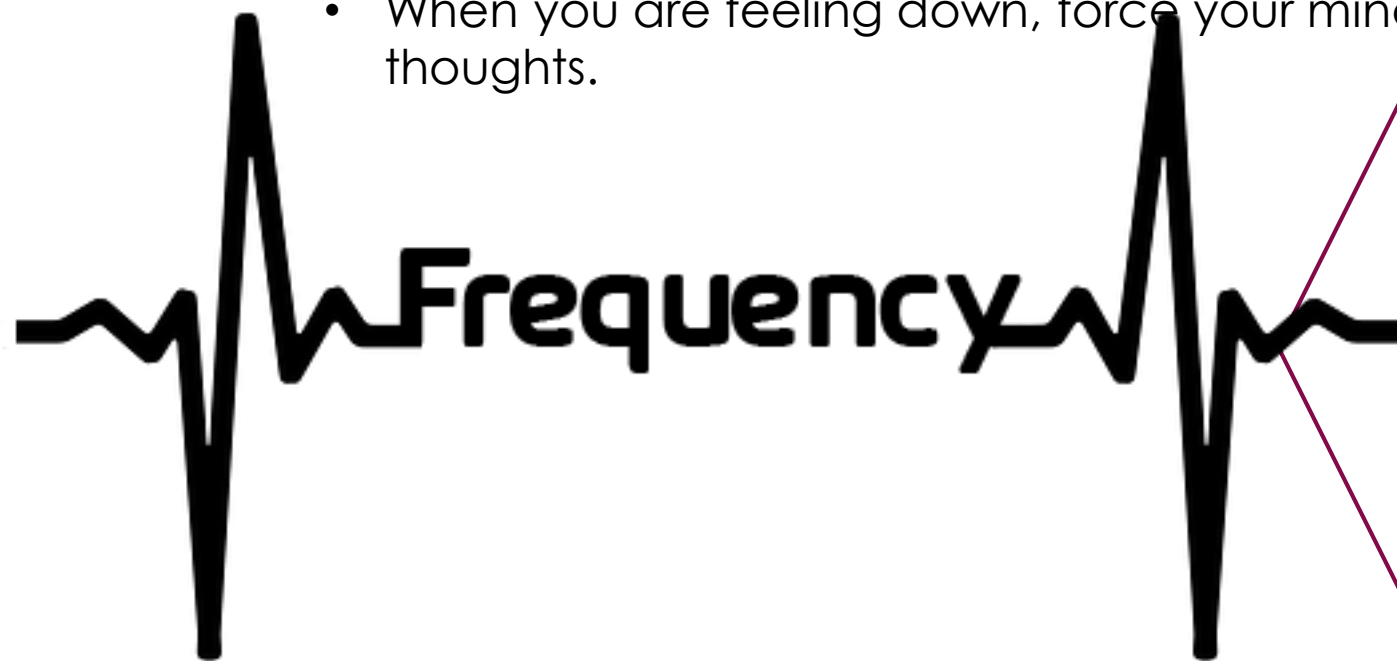


WARNING : If you don't feel good or if you don't feel positive, even the best thoughts will not manifest what you want. If there are unresolved issues that are hindering your ability to focus on what you want to manifest, it may take longer for these things to actually appear in your life. **THE EMOTIONAL HINDRANCE MAY COMPLETELY PREVENT YOU FROM MANIFESTING THE THINGS YOU WANT.**

EMOTIONS are our internal guiding mechanism – it helps us to be aware when bad things are already happening to us. Emotions let us know what signals we are transmitting into the UNIVERSE. (being angry or sad means your current frequency is a negative one)

CHANGE the FREQUENCY that you are broadcasting through your thoughts, the *manifestations* in your life will also change.

- When you are feeling down, force your mind to discard the negative thoughts.



TRANSMIT
AFFIRMATIVE
THOUGHTS and
POSITIVE
EMOTIONS
simultaneously.

EXERCISE

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- THINK of **ONE THING** that you want more than anything in the world.
- Meditate for a few minutes to clear your mind and place this thought at the very center of your mind.
- Keep your mind's eye focused on this image and slowly give color to it.
- Animate the thought.
- Breathe and live the thought.
- Begin to feel happy as if your biggest desire in life has already come true.
- Let the feeling of happiness spill over your entire body.
- Feel it in your chest, your tummy, your fingers and your toes.
- Imagine a radiant white light washing over you as you imagine your biggest desire.
- Receive it and relish its presence.
- Close your eyes and give your one hundred percent attention to this one thought.
- After a minute or so, open your eyes but **keep the emotion and thought with you at all times.**



WHENEVER YOU FEEL SAD OR DEPRESSED, INVOKE THIS THOUGHT SO YOU WILL CONTINUE TRANSMITTING THE SAME SIGNAL CONTINUOUSLY, DAY BY DAY. INVOKE THIS THOUGHT AND THE EMOTION THAT YOU HAVE ATTACHED TO IT BEFORE YOU GO TO SLEEP SO THAT YOU WILL CONTINUE TRANSMITTING GOOD SIGNALS EVEN IN YOUR SLEEP.

• Law of AttrACTION : (COMING UP)

- Shifting Frequencies of Attraction
- Aligning yourself with the Universe
- Approaching the Universe for your NEEDS
- Strategic Visualizing
- A simple way of purging negativity
- The Role of Forgiveness in Manifesting
- Healing the Energy Channels
- Purging Negativity
- Learning from Unhappiness
- The Power of Emotions
- The Power of Intention
- Possibility / Impossibility

AFFIRMATIVE CUES

- Memory-Based Affirmative Cues - One particular memory that brings you the most happiness in an instant. The memory can be from any time period. (focus on that memory and remember how it made you feel) use this memory and relive it in your mind to correct your emotions and thoughts.
- Activity- Based Affirmative Cues- Think of an activity that makes you happy – even for a short period of time (poetry, singing, painting, dancing or even driving somewhere). This activity you help you feel relaxed and happy you are doing it.



Shifting Frequencies of Attraction

THE GOAL: AVOID
DWELLING ON NEGATIVE
EMOTIONS AND THOUGHTS

Alignment with the Universe

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The Universe is a POSITIVE force. It receives input from every living being.

The UNIVERSE is a force that **PROVIDES** – it ensures that no energy is wasted

Change IS THE ONLY CONSTANT FACTOR IN THE EQUATION – and it is this constant factor that makes the law of attraction that much more powerful.



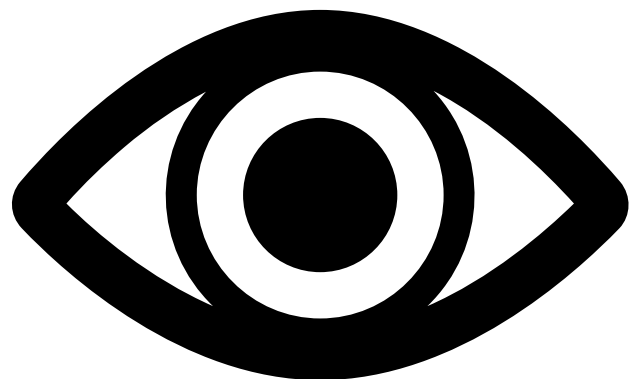
If there is change, there can be creation – if creation is possible – *changes in your life become extremely possible*

Remind yourself that everything you want is already pouring in
and you just have to catch everything
because your life is filled with abundance and grace.

The UNIVERSE is here to help you
and
work WITH you

Embrace the Goodness of the Universe itself





We're not talking about small changes here; we are talking about monumental changes in your life that will implicate not only the smallest details but also the big details of your life that will determine health and prosperity for the long term

DR. JOE VITALE

How to Work the Law of Attraction - recap

1. Thought Awareness
2. Emotional Awareness
3. Fine-tuning the internal guiding mechanism
4. Correcting transmitted frequencies
5. Simultaneous transmission of affirmative thoughts and emotions
6. Creating and using affirmative cues to maintain an affirmative frequency
7. Aligning with the Universe

Do NOT SKIP ANY OF THESE STEPS

The Universe and YOU – your relationship

- ▶ You must establish a one-to-one relationship first
- ▶ If you wish to receive something, you must first ask sincerely
- ▶ You must show that you deserve what you are asking for.
- ▶ Past actions determine future outcomes – each and every time

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Step #1 : There must be complete belief in the law of attraction and in the good nature of the Universe, your best ally in this life



Step #2 : Believe that you have already received what you have asked for.

Step # 3: Let go of all your anxieties.

You must now let the Universe itself re-arrange itself so that what you want will come. Believe that you will receive what you asked for but you must not question how this will happen

BELIEF in ATTRACTION and MANIFESTING

Have COMPLETE FAITH

It is time to re-learn : MAKE-BELIEVE

Most of us have lost this skill as adults. Make-believe allows a person to widen his own imagination. Make-believe also increases one's *belief* in something because the mind has something to hold on to. **BE PERSISTENT IN BELIEVING THAT YOU HAVE ALREADY RECEIVED WHAT YOU WANTED. BE PERSISTENT IN REMINDING YOURSELF THAT THE UNIVERSE HAS ALREADY HEARD WHAT YOU "ORDERED" AND IS DOING EVERYTHING TO DELIVER WHAT YOU ASKED IN A TIMELY MANNER.**



All your stress, anger and frustrations will begin to melt away

Doubts and anxieties will also evaporate

attrACTION

SIZE DOES NOT MATTER

Nothing is bigger than the universe itself and its most primal law (law of attraction)



The law of attraction *wants* to give you what you need but you have to be clear about your desires and you have to *completely believe* that you have already received it.

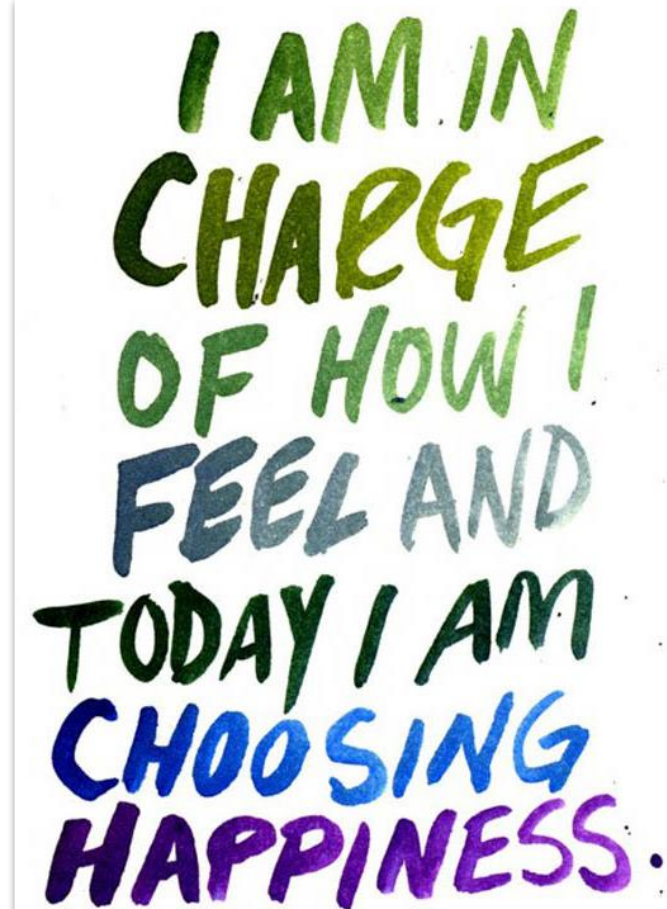


MAKE SURE YOU ARE PHYSICALLY AND MENTALLY READY TO RECEIVE WHAT YOU HAVE REQUESTED

BUILD EXPECTATION

When you are expecting a positive outcome, all the negativity disappears and you instantly create a bond with what you want.

EXPECTING GOOD THINGS TO HAPPEN WILL HELP ALTER THE SIGNALS THAT YOU ARE SENDING OUT TO THE UNIVERSE.

A handwritten affirmation card with the text: "I AM IN CHARGE OF HOW I FEEL AND TODAY I AM CHOOSING HAPPINESS." The text is written in various colors: green, yellow, blue, and purple. The card is set against a white background with a subtle shadow.

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.

If you are aware that you are only attracting negative consequences at the moment, then a *revision* is in order.



THANKFULNESS – are you thankful?

THE PRACTICE OF THANKFULNESS IS TIED INTEGRALLY WITH THE MENTAL AND EMOTIONAL SHIFTING WE HAVE EXPLORED .

THIS ALL LEADS BACK TO THE BASIC PRINCIPLE **LIKE ATTRACTS LIKE**. TO END THE NEGATIVITY IN YOUR LIFE, YOU MUST FIRST BE AWARE OF THE *POSITIVE* THINGS YOU ALREADY HAVE.

Showing gratitude breaks the vicious cycle of dwelling on the negative. Showing people you are thankful for them will also attract better relationships and fewer problems at home and at work.

Strategic Visualizing

- ▶ Thought is more than just electrical signals in your grey matter – it is what animates your life and your world around you
- ▶ Visualization in the context of the law of attraction is quite different from plain imagining or fantasy....

HOW ?

1. Find a quiet place where you can practice
2. Focus on **ONE** thing that you want the most at the present time. (put this mental image at the very center and dwell on it)
3. **FEEL IT AND JUMP INTO IT** as if you already have whatever is depicted in the mental image.



VISUALISE
UNLIMITED
ABUNDANCE

A Simple Way of Purging Negativity

- ▶ **THE LOVE METHOD** : *You must DECLARE love for anything and everything that comes your way, even if you are suddenly confronted by misfortunes and not-so-positive events.*

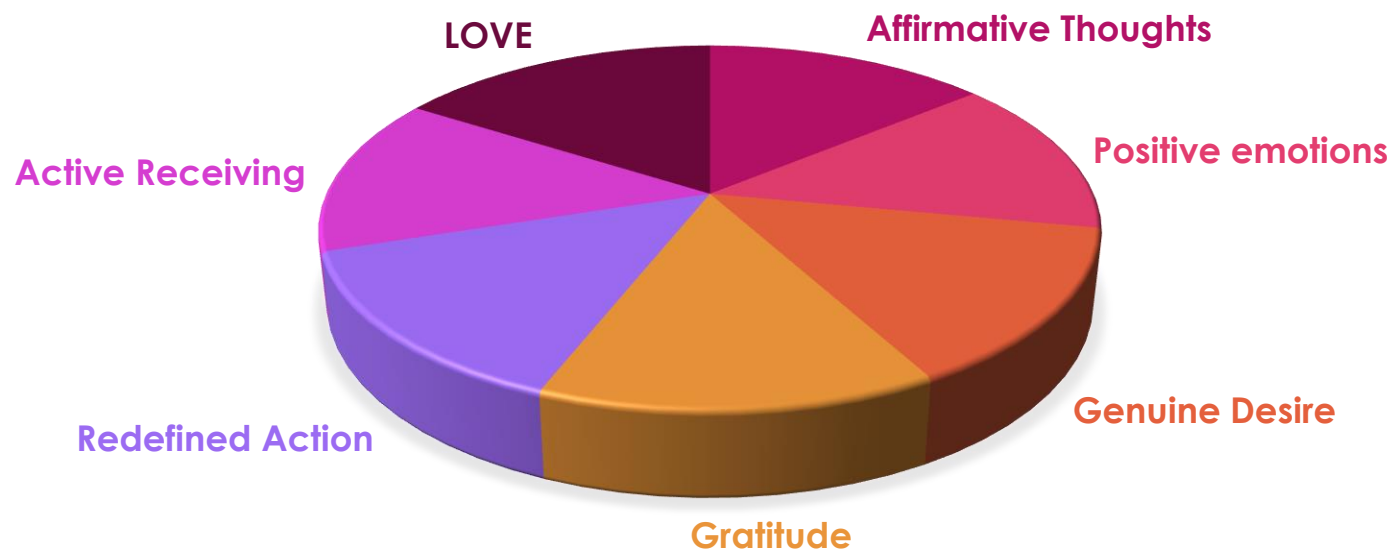
You must sincerely say “ I LOVE YOU” to both positive and negative things in your life – you are **purging** all the negativity while keeping the affirmative/ positive thoughts and emotions intact.



When one LOVES, it is impossible for anything negative to arise

How to MANIFEST AUTOMATICALLY

LAW OF ATTRACTION



The ROLE of FORGIVENESS in Manifesting

FORGIVENESS FREES you from the bondage of resentment and allows you to heal inside.

You must also FORGIVE YOURSELF – if there is something at the back of your mind that is still causing you feelings of guilt and sadness, that is a sign that you may have unresolved issues with YOURSELF

Non-Forgiveness is a limiting condition

Healing the Energy Channels

- ▶ Traditional Chinese medicine stipulate that the human body operates on the basis of energy channels.
- ▶ When a person experiences disease or sickness, one or more of these energy channels are obstructed.
- ▶ To establish harmony and relieve unnecessary stress on the human body, it is believed that these blockages should be removed.

If energy channels are blocked, manifesting becomes doubly difficult because your mind is *not focused* on the act of manifesting and attracting what you want.

How to Remove energy channel blockages

1. Find a quiet place to lie down.
2. Close your eyes and take deep breaths. Each breath should be between five to ten seconds long. Feel the stress and anxieties evaporating with each breath..
3. Imagine that you are able to see within your body. Find areas on your body that are experiencing tension or pain.
4. Once you find an affected area, what do you see? (this can be 3dimensional objects or areas of color)
5. Hold an internal dialog with the affected area. Ask why the area is there and acknowledge its presence.
6. Ask yourself : are you willing to release this affected area now? Visualize releasing the area of tension
7. Ask yourself: is there something that might help me release this affected area?

Life-changing transformations begin with a single step – this step involves your OWN INTENTIONS in life

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