



4 Amazing Ways to Harness the Power of the Law of Attraction

We all have dreams, goals and ambitions. We all have things we want to accomplish and we all have somewhere we want to be in life.

Sadly, we don't all have a way to get there!

Often, we get caught up in our day to day lives and we forget how to dream. More importantly, we lose touch with how to go after our dreams and allow good into our lives.

This leads us to living lives of mediocrity, where we shuffle around barely content enough to get through the day, pay our taxes or take dreaming too seriously.

There is danger in dreaming. There are risks that come from stepping out of your comfort zone and to most people, the risks are too great!

The funny thing is, though, that the risks aren't nearly as bad as people think they are.

If you utilize the right tools, your chances of success shoot up greatly and you can achieve things you never even considered to be possible!

One of the greatest tools among these is the **Law of Attraction**.

Maybe you've heard of it. If not, I want to tell you that it is one of the single most effective processes that influence your life, whether you want it to be or not!

The Law of Attraction is always at work, behind the scenes. It influences how our lives unfold, in either a positive or negative fashion. Most of what comes your way is in some way or another a byproduct of this law at work.

So, what is the Law of Attraction? Just as importantly, how can YOU use it to achieve your goals and live the life of your dreams?

This report will show you 4 **awesome** ways that you can harness the power of the Law of Attraction in order to get everything you want from life and more!

Are you ready to start living the way you've always wanted? Great! Let's get started.

What is the Law of Attraction?

First and foremost, let's start by briefly defining what the Law of Attraction is.

Simply put, the Law of Attraction is the law that states that you attract energy similar to the type of thoughts that you put out into the universe. Just like anything else out there, your thoughts are a type of energy and they can attract or repel other types of positive and negative energies.

Confused? Let me explain a little more.

Let's say that you want a pair of beige shorts. You begin to walk around and notice that everyone is wearing beige shorts, where you never seemed to notice that before. *Maybe they got more popular?* You think to yourself.

Suddenly, you see a sign in the window for beige shorts on sale. They are just barely cheap enough that you can afford them!

Wait, what just happened? Well, you just saw the Law of Attraction at work!

With the Law of Attraction, anything you set your mind to, anything you want badly enough, you will find a way to get.

Now, a couple thoughts with this realization...

First, if you simply think of something, it may not be enough. You really have to hone in on these thoughts and amplify them to a level that the universe can really hear you. We will get to how to do that in a moment.

Second, this *includes* negatives thoughts and feelings. They actually may be even easier to amplify! People get what they think they deserve and if they think they deserve a terrible life, that's what the universe gives them.

It is important to make sure that you are using the Law of Attraction correctly and for positive, not negative!

Alright, so let's get to it!

1: Clearly Identify Your Goals

The first and maybe most important thing you can do to start harnessing the power of the law of Attraction is to clearly identify your goals.

We all have goals, but most of ours are lofty or undeveloped. We all want to have a nice family, good friends, be in shape, and make good money...all of the things that make for a strong and fulfilling life.

The difference is, we all want them in different ways. Because of this, we all must find different ways to achieve our dreams. This is where setting defined and clear goals come into play!

The more specific you are when defining your goals, the stronger the chances will be of achieving your goals and activating the Law of Attraction.

When you focus on one specific aspect of a larger problem, the answer seems to become more obvious. Instead of trying to solve your life by the bigger picture, instead work on the details until the bigger picture takes shape.

So, what are your goals? What is it that you want more than anything?

I'd like you to take a moment now to find a pen and a piece of paper. On that piece of paper, I'd like you to begin to brainstorm your goals.

This may include:

- Becoming financially stable
- Losing weight
- Finding a significant other
- Getting a promotion
- Getting a new car
- Learning a new language
- ...or any other goal

Now, I'd like you to take a look at your list and really evaluate what is important to you. A lot of the things on your list may be important, but figure out what is *really* a priority.

Rearrange your list to reflect how important you find each item. After you've rearranged your list, take the top two items on that list.

Let's explore those a little bit. We will get into the "why" in a moment, but for now, let's take those top two goals and develop them a little more.

Let's say the # 1 goal on your list is to lose weight. That's a great goal, but it's also a little vague. To flesh it out a bit, you should create some smaller goals.

These will be the steps you will want to take to achieve your overall goal. Going with the example of losing weight, here are some ideas of smaller goals:

- Cut out processed food
- Eat more fruits and vegetables
- Stop drinking soda
- Go to the gym at least 3 times a week
- Start jogging
- ...and so on

These bite-sized goals will help you to see your bigger goal as more manageable and simple to accomplish.

Before you know it, you will have knocked out these smaller goals and your main goal will be achieved!

This is the first aspect for creating goals. The other aspect, of course, is activating the Law of Attraction.

Having goals gives your mind something to focus on and with all of your thought energy focused in one direction, you will begin to attract similar energy.

You will see new opportunities begin to open up where you hadn't seen them before, like a new gym opening up across the street or a sale on fresh veggies at your local supermarket.

It is amazing what kinds of doors begin to open up when you allow the Law of Attraction to take hold!

2: Create a Compelling "Why" for Your Goals and Remind Yourself Daily

Once you have defined your goals, it is time to define the "why" of your goals. So, what does this mean? Why a "why?"

Your why is the reason you want to achieve your goals and will serve as motivation and a constant reminder to keep working towards them.

This added focus will help the Law of Attraction to take hold even stronger in your life and will bring you that much closer to reaching your goal!

So, let's take a look at the "why" behind your goal. We are going to take another look at the example of weight loss and break down why it may be that you want to lose weight.

Remember (and this is important!) that everyone has their own reason why they want to make changes in their lives and no "why" is less important or significant than any other.

Don't let people tell you that your reason isn't good enough—we all are motivated and driven by different things. Whatever the reason may be, as long as you are making positive changes in your life, it is your reason and yours alone.

So, back to weight loss!

Let's say you are getting overweight and you know you need to drop the weight for health reasons. Your uncle just died from heart disease and you really don't want to go down the same path.

This is just as good of a "why" as any other! Your "why" for losing weight may be preventative; to keep yourself from reaching an early grave due to a food related illness.

Your why doesn't even have to be that severe, though! You may just want to fit into a sexy swimsuit for summer. Remember, all reasons are valid, as long as they provide you the motivation to continue making positive change!

Keep this reason at the front of your mind and remind yourself daily. When you consider your goals, always consider the forces in the background driving them.

This will help to keep you motivated and to keep the Law of Attraction working in your favor.

3: Create a Vision Board

One of the best ways to keep your goals at the front of your mind and to constantly remind yourself of your goals is to create a vision board.

I find vision boards to be extremely helpful! They motivate me and keep me pushing forward to my dreams, whatever they are! It's crazy how much having a visual representation of your goals can affect positive change.

Not only are vision boards extremely effective and they are also really fun and so easy to make! They take minimal supplies and very little money. Really, they just take a little of your time and a whole lot of your imagination!

If you have never heard of a vision board or have never created one, don't worry! They are really simple and anyone can make one!

Take a goal from your list and break down some of your mini-goals. Think about physical representations of these mini-goals and begin to search for these images online or in magazines.

Now, cut out these representations and arrange them by how important they are to achieving your overall goal.

Begin to arrange these images on your board in whatever way you find the most effective. If your eye is naturally more drawn to the center of the board, put your most important images there. If it's the top of the board, put them there.

Take a step back. You now have a vision board!

Now, keep in mind that creating a vision board isn't enough to get the Law of Attraction to kick into high gear.

You have to make sure that your vision board is somewhere extremely visible, where you will see it every day.

There's no point in going through all of the effort to create a vision board if you're never going to see it!

If we continue with the example of weight loss, you may want to cut out images of people working out, healthy food and images of people in good shape.

Customize your board for your specific goals and let the Law of Attraction kick in to help you in achieving them!

4: Clear Your Mind of Negative Thoughts with Good Practices

One of the biggest obstacles standing in your way and keeping you from harnessing the power of the Law of Attraction is negativity.

Negativity is like a cold—it is easy to catch and can really wear you down. You don't want to become infected with negativity or all of your goals and practices will be dulled and diminished.

So, getting rid of negativity is obviously easier said than done, right? Actually, it's not that hard. You just need to practice being mindful.

One of the easiest ways to ease yourself into mindfulness is through practices such as meditation. Meditation can be one of the most freeing experiences and can help to push away the negativity that is holding you back from succeeding in your life.

It seems like a simple practice, but meditation can be a little tricky to master. I would also highly suggest trying to master meditation before you moved on to mindfulness.

For this report, I will discuss a quick and easy technique to help get you meditating. For more information on mindfulness, be sure to check out my newsletter and the resources posted on my website!

First, find somewhere that you can sit comfortably for a period of time. This could be on the floor, on your favorite chair, on the edge of your bed, on a yoga mat...really anywhere!

Next, begin to focus on your breathing. Take deep breaths in and release them with slow and controlled exhales.

Allow your eyes to slowly close and your body to slope into a comfortable spot without any tension. Listen to your body, it will know what to do.

Let your thoughts wander and don't try to focus on anything in particular. Your brain will bounce all over and different thoughts will pop into your head. This is fine, allow them to.

Simply acknowledge your thoughts and let them slip away. Don't try to judge or interpret them.

This is the first level of your meditation and once you get this down, you can continue to allow yourself to let go, until you reach a trance-like state.

Your body will let you know when you are done. At this point, allow yourself to slowly come back out of your trance.

Allow yourself to regain your posture, slowly open your eyes and come back to the world around you. Don't fight it or rush it—just allow it to happen.

This will help you to have a better hold of the present. Thinking too much of the past and the future cause us most of our stress, which is where most of our negativity stems from.

Meditation will help to remove this stress by keeping you in the present moment.

Remember, the less negativity in your life, the better the Law of Attraction can take hold!

Thank you so much for reading this free report! For more great information on the Law of Attraction, mindfulness and more, be sure to check out my newsletter and resources posted on my website!

Tyler Foley

