The Key To The Law Of Attraction And Why It Doesn’t Work For You

**by Lucy M**



The Law of Attraction is the name given to the term that "[like attracts like](http://en.wikipedia.org/wiki/Interpersonal_attraction#Similarity_.28like-attracts-like.29)" and that by focusing on positive or negative thoughts, one can bring about positive or negative results. This belief is based upon the idea that people and their thoughts are both made from "pure energy", and the belief that like energy attracts like energy.

Many people are starting to have a great deal of doubts about “The Law of Attraction”, “The Power of Intention” and “Manifestation”. People just can’t seem to attract good things into their lives no matter how hard they try. Manifestation is really about finding the right ingredients that can make your dreams come true.

Read this report to find these right ingredients that allow you to live the life that you desire.

# Use powerful tools for the Law of Attraction!

Your thoughts, feelings, and actions are nothing but transmitters that are going out into the universe as signals and attracting similar signals back which are then showing up in your life as the people, things, and circumstances matching those thoughts, feelings, and actions.

Here are powerful things you can do to improve your life using The Law of Attraction:

**The power of positive thinking**

Your subconscious mind controls most of your actions. You get what you think about. You do, what your subconscious mind is telling you to do. If you want to attract prosperity into your life, don’t think and talk about your lack of money. If you focus on your lack, you simply attract more of the same. So think about having everything you desire and not how you don’t have it.

**The power of intention setting**

Every time we you up against a challenge or difficulty, it is an opportunity to create something new and to grow spiritually. So when you are in the midst of challenging circumstances, understand that it is your opportunity to gain clarity on your lessons and create new, fine tuned intentions. The sooner you focus on what you are learning from the situation, the sooner you can release it. Every experience we have has something FOR you in it and so, you must include EVERYTHING in your gratitude!

Here are 3 steps to help you manifest your intentions:

1. Once you have **the clarity** on what you want, you can craft your intention statement. A powerful intention is stated in the present tense using only positive words. An example would be, “I intend that I am working in a job that is engaging, utilizes my talents and abilities and is in a friendly and relaxed environment.” You should always add that your intention manifests if it is for the highest good for you, the universe and all involved. So be it and so it is.

2. The next step is to **surrender**. This doesn’t mean giving up on what you want, it means allowing the universe to line up all the creative components necessary to bring about your desire and to be open to how and when it happens. If you insist on the thing you want showing up in only one way and in a specific time, you limit what you can receive. There is a buffer of time involved in gathering the components of your desire. Your job in the meantime is to be in alignment with what you want, while letting go of any feelings of "neediness". This means utilizing all parts of your being to “act as if” you have what you want. Use all of your senses in this process. The more you can FEEL what it would be like to already have it, the more successful you will be at manifesting it.

Imagine what you are hearing as you get what you want. What are people saying to you? What are you saying to yourself? What other sounds do you hear? Imagine the feel of walking barefoot on the sandy beach of your dream vacation. What do you feel in your body? Excitement? What are you seeing? Smiling faces? Sunny rooms with beautiful colors? A large number in your bank account? The more you allow yourself to fully “BE” in your vision, the more powerfully you will create it. Enjoy it BEFORE it comes.

3. The next step is to be in **inspired action**. That action is simply the result of opportunities that show up as seeming synchronicities that you want to act on.

**The power of affirmations**

Affirmations are statements that we think or say to ourselves or others and they are based on our beliefs. These affirmations can be either positive or negative and have the ability to greatly influence our life and create our reality. In fact, affirmation is something that we are doing all the time. Every thought we think and every word we say is an affirmation. All of our inner dialogues are affirmations. We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment.

Affirmations are a great a way to change behavior but there is **a right way and wrong way of doing it**. The right way is always saying affirmations that are in the present tense and positively worded. Don’t put your goal in the future where it will always stay and never be reached.

**Positive affirmations** will be very useful to help you attract more prosperity into your live and through the regular use of this powerful technique you will begin to see wonderful changes in your life you never imagined possible. With positive thinking, you can overcome your limiting beliefs and negative thoughts and make prosperity a reality for you.

The other important point to remember is **the timing** of your affirmations. It is always much more effective to say your affirmations in a relaxed state which is when your brain. This is why the best time to say your affirmations is first thing when you wake up and last thing before you go to sleep. These are times when your mind is relaxed and therefore open to new instructions.

This is why people say things such as "I want to quit smoking" or "I want to lose weight" yet next thing you know they're reaching for another cigarette or sandwich. This is because that as much as they consciously do want to quit smoking or lose weight, their subconscious programming is along the lines of "I smoke" or "I'm fat". As long as that is what they're subconscious is saying that's what they're doing. No ifs ands or buts about it.

The other thing is that people do not know how to ask. If you say things such as "I want to quit smoking" or "I want to lose weight", the universe hears only “I want… smoking”, or “I want… weight”. Remember **The Law of attraction is neutral**. This is not a right way to ask, because you WILL receive what you ask for. So how do you change your subconscious mind and ask the right thing? One reliable way is with affirmations. My suggestion is that if you want to lose weight, you use affirmation like: “I’m thinner today.” “I look pretty today.” “I’m satisfied with my body.” “I am losing weight every day.” I now weigh \_\_\_\_.”

You must become aware of exactly what you are affirming through your thoughts and consciously and purposefully focus those affirmations on positive and empowering statements. You have to reprogram your subconscious mind. By developing the habit of using positive affirmations regularly and consistently your subconscious will adapt to the new information it is being provided with. For affirmations to be effective, it is important that you create your own affirmations based on your specific conditions and circumstances. It is very important to remember that your affirmations are only going to be efficient if you can feel what you are affirming. It is the emotions that your affirmations create that will attract the prosperity that you desire.

So pick affirmations that are in present tense, positively worded and as short as possible and get to it!

For example if you want to become more prosperous, you can repeat the following affirmations regularly:

1. I am open and ready to live a more prosperous life now.
2. I accept abundance in my life now.
3. I receive large inflows of money both from expected and unexpected sources now.
4. My income is constantly increasing.
5. I am a money magnet, and prosperity of all kind is drawn to me.
6. I allow myself to prosper now.
7. I open myself to receive the abundance of the universe now.
8. I live in an abundant universe and I am grateful.
9. Money comes to me easily and effortlessly.
10. I prosper in everything I do now.

You can become, for instance, as prosperous as you want by using positive affirmations regularly and consistently. Remember that abundance is a state of mind and if you want to be more prosperous in life, you must think of yourselves as being already prosperous. You should use your affirmations - firmly and positively, with no ifs, buts, or maybes - over and over again, from the minute you arise in the morning until the time you go to sleep at night, and as many times during the day as your work or activities permit, you will be drawn to those people, places, and events that will bring your desires to you.”

# Why do your Affirmations don’t work?

The biggest things that people stumble on are their affirmations. Affirmations work, but you have to take into consideration three major points that determine whether your affirmations are going to work for you or not.

1. You have to believe you can do it. Start small!!
2. What mind set are you in when you start saying your affirmations?
3. Your mind’s job in keeping you safe.
4. **If you believe you can, you are right, and if you think you can’t you are right again!** Affirmations have to be something that pushes you out of your comfort zone yet not so far out that it is not believable to you or your system. You have to be able to feel the affirmation as a possibility. If you cannot imagine your affirmation as a possibility, adjust it slightly to something you can imagine or believe. You will eventually be able to say and believe the bigger affirmation as you shift your energies with the believable one.

The biggest stumbling block people have when they are working with affirmations is when they are doing affirmations around money, prosperity and wealth. People tend to say something like “I am a multi millionaire now. Or: “I want to have a million dollars”, or: “I wish I have a million dollars”. First of all: most of people honestly can’t even imagine that having a million dollars is actually possible. On the other hand people have tremendous amount of fear. What if I really get a million? What will my friends say? What will I say to them? And because of that questions the brain and the subconscious blocks the affirmations. Your affirmation cannot work! All you have to do is adjust your affirmation to say something like “I now allow money to flow to me easily and effortlessly.” You should notice two things about that. You didn’t put a specific dollar amount in there, which doesn’t limit your subconscious and consequently the universe in bringing a specific amount of money to you.

1. **Be calm and happy when you do your affirmations!** Most of people are making a mistake when they say or write their affirmations the most when they are in panic mode. That means when you are in a fearful, sad, nervous or anxiety state you kick into high gear saying, chanting or even writing your affirmations. When you are in that mode, that is the absolute worst time to say your affirmations. Because your body’s system is sitting in crunch and you are saying something so completely foreign to it that it won’t even let it in to your system. So once again, your affirmation cannot work!

When you say your affirmations, you have to be coming from a place of love and appreciation or at least a place of neutrality. You have to be calm. So try to meditate and breathe deeply your fear, sadness, nervousness,... As already mentioned before, start using affirmation first thing in the morning just before you go to sleep.

Or you can use just one affirmation, and that is “Neutralize”. Take a deep cleansing breathe in and slowly let go of your problems and say the affirmation “Neutralize”. Do it over and over again until that feeling disappear.

1. **Don’t give up!** When doing affirmations, it is important not to give up just before your affirmation becomes a reality. It takes doing the same thing as long as it takes to shift your subconscious mind on an energy level and in your life. Some people will get there faster and some a little slower. That depends on how your subconscious mind is fighting back. Your mind is your ego. It will tell you over and over again, that you can’t do it. It is going to kick up all sorts of doubt, busyness, worry, fear, anything it can to stop you from saying your affirmation(s) and making changes. It doesn’t want you to change. It knows, from its perspective, that if you keep doing the same thing you have always done, even though you have the same result and you don’t like it, it knows the result and it believes it is keeping you safe. It will say things to you like: *“You are a failure! You have been doing affirmations for two weeks now, and nothing is changed! I told knew you can’t do it, looser!”*

Your mind is doing this out of love so don’t get mad at it. Just understand what it takes to make the changes and do the work to change it. Don’t allow your ego to take your courage to continue. Do it anyway. Just be aware of your ego and tell your subconscious mind: *“STOP” I am aware of what you are trying to do”.* Just be aware of it. Don’t try to persuade it, just be aware of it and continue with your affirmations and manifestations. So be sure you are saying your affirmations at least for a month in a row. This may sound easy but let me tell you, your mind wants to keep you safe and it thinks safety is having you do the same thing over and over again. Put a reminder in your phone everyday to say your affirmations for at least the next 30 days to insure your subconscious mind shifts to its new reality. When that reminder goes off, be sure to take the time to say your affirmations – don’t let anything or anyone distract you. The closer you get to the end, the more the mind will fight to keep you in the same pattern you have always been in.

Change your subconscious mind and life today!

A good way to get your affirmations to work on a deeper level is to **record them** in your own voice and play the recording at night when going to bed. This will give your system a little extra help in clearing things that are in the way of you creating and manifesting your desires with your affirmations as you sleep. I would recommend also saying your affirmations daily, this is just a little added something to do to assist you, it is not meant to replace you saying them daily.

Should you have time, you can also say your affirmations while looking into your eyes in the mirror. This connects with all parts of you and allows for anything not in alignment with your statement to come to the surface immediately for quick resolution and change.

At the end of each day, or each week at the least, take a good look at your life and recognize all the things that have changed. Doing this gives appreciation to all parts of you and makes a deeper connection as your system works together as one in your common goal.

# What to Do When the Law of Attraction Doesn't Work?

Essentially the Law of Attraction states that "like attracts like," meaning that our thoughts are magnets drawing into our lives the equivalent of what we think.

However our subconscious mind is choosing comfortable pattern thoughts and still doesn’t seem to manifest what we desire. And we all know or have read about people who have wonderful life circumstances but are chronically dissatisfied and unhappy. Despite negative attitudes, some people seem able to maintain wealth, health and relationships.

So what is going on when Law of Attraction doesn’t work? Why positive-thinking doesn’t seem to work?

Well, it might be karma accumulated from this or previous lifetimes.

All the people, including myself, have built barriers within our mind. The true abundant life should be all about love, peace and joy. How can you achieve that? "**Seek not to change the world, but choose to change your mind about the world**." As we do this, it becomes clear that true abundance is simply a state of mind. It has nothing to do with manifesting material things. But if the material things are making our lives easier, so we don’t need to struggle, we don’t have to think about having enough money to live life we desire, than abundance means also having everything in life that will bring us joy and happiness.

You can connect with your inner self trough meditation.

When the Law of Attraction doesn't seem to work, stop saying affirmations and doing positive thinking exercises. Instead, **start to meditate**. First you can consider doing some karma removing techniques or just have meditations to reconnect with yourself. We are all gods and goddesses inside. You deserve to live an abundant life. In order to receive that abundance, you must be prepared and ready to receive and accept the prosperity which is rightfully yours. However, your subconscious mind, many times believes that you don’t deserve the prosperity that you are looking for. In order to attract prosperity, you must release all your negative beliefs about prosperity. Your external reality mirrors your internal beliefs and how you think the world is for you become your reality. By changing your inner thinking about prosperity, you can change your external reality and live a more abundant life. If you want to change your life, you have to change your thinking.

# What if affirmations aren’t for you?

**The power of Visualization**

If affirmations aren't for you however, another great method is visualization. This is where you get into a comfortable seated position (or laying down but awake), close your eyes, and see the pictures of your life the way you want to see them and not as they are. This is a lot of fun! But again people are doing mistakes when using visualization. You have to visualize the thing you desire in your life right NOW, but you also have to FEEEEL it. You have to feel it, smell it, taste it, life it. It must be like you already have it, before you have it!!

If you want a new car you have to visualize hove does it feel driving it down a wide, open street? What color is it? You have to smell it. What does it smell like? How fast are you driving? And so on.

Do this for every area of your life for 5-10 minutes one to times a day every day for at least 30 days (one area at a time). You will be amazed at the results! Get as clear and as detailed as you want but make sure to engage your emotions.

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**.

Vision boards are extremely effective and they are also *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 you have to make sure that your vision board is somewhere extremely visible, where you will see it every day.

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

# Manifest Miracles NOW!

The consensus reality says that there is always a time frame for achieving everything. That nothing can happen right away but that’s simply not the case. In fact, things can happen right away, but it all dependents on you.

**Here are the 4 requirements:**

1. You have to think about it
2. You have to trust that it can happen
3. You have to be passionate about it and
4. You have to concentrate on it

If you can do these 4 things…“You will see **Miracles**.

Miracle is not something that is happening from the Heavens and coming down to you. Miracle is happening within your own consciousness, within your own dream.”

So…

Have fun being positive, doing your intentions settings, using your affirmations and manifesting all good things that you desire! Keeping it light and enjoyable not only increases your success at creating what you want, but it creates more happiness in your life no matter what happens.

Thank you so much for reading this report! For more great information on the Law of Attraction, Visualization, Abundant Life and much, much more, be sure to check out my emails! I will help you change your life step by step; giving you tips and challenges that will affect you conscious mind and help you to change your subconscious mind to start creating miracles!!

Here for you,

Lucy M.