

THE LAW OF ATTRACTION GUIDE TO HAPPINESS AND ABUNDANCE: MANIFESTING EVERYTHING YOU'VE EVER WANTED

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True happiness can be found in one's thoughts. Learn how to turn your thoughts into magnets that attract your deepest desires.

You have hopes, dreams, and goals for yourself and your family. I know you do because I do too. I can help you achieve these goals as I have done so myself. I promise to teach you how to manifest everything that you have ever wanted into your life. Sure, this may sound like some new age bullshit but believe it or not, it is proven science and I will explain that to you too. I will teach you the tips, tricks, and strategies that thousands of people have written about and used to bring amazing things into their lives. My easy to follow steps will guide you to recognize your dreams and will put you on a one way street to living the full, happy life you have imagined. So many people read and research the many books and manifestation programs out there. And trust me, there are TONS. I have done all the research for you and have brought you a comprehensive guidebook with all of the information right here. This guidebook contains and outlines the top proven strategies to streamline your manifestation process.

I have consciously attracted all of the things that are in my life right now (by changing my thought patterns). I followed these steps to manifest my spouse, children, home, jobs, money, cars, and so much more. The possibilities are endless when you learn how to apply the law of attraction as I will teach you in this guidebook. After 10 years of research I have mastered my way to manifesting my desires. When I don't get what I want, I automatically know why and how I can fix it. I'm going to teach you that too, so that you ALWAYS get exactly what it is that you want. There is no such thing as failure when it comes to manifesting; YOU are the creator of your own reality and you can't fail at that. It's your birthright, and so many people have taken advantage of it, why can't you? Bob Proctor, Wayne Dyer, Deepak Chopra, Oprah Winfrey, Gabrielle Bernstein, Jack Canfield, and so many more people have learned and applied the law of attraction!

Listen, I understand that you may be weary and feel like this can't be real. Why wouldn't everyone do it if it was so easy? Or maybe you have tried similar books and courses and *still* were not able to make your dreams a reality. You may have heard your whole life: "You can't have it all," "Money doesn't grow on trees," "Only greedy, selfish people are rich," and maybe you really believe these lies. It can be a difficult and lonely road when you don't have the support that you need to meet your goals. This is especially true when your support system is a little judgmental and doesn't understand the process and how the universe works. It may seem too-good-to-be-true to think that you *could* quit your job for something more rewarding making much more money. We tend to self-sabotage out of fear and it can be paralyzing and take us one step back instead of forward.

Your dreams are real; but you may feel stuck in your life and unsure where to start. Maybe you don't believe in yourself and your ability to attract *anything* into your life. Trust me, I get it. Many people have deep rooted insecurities that have held them back their whole lives. It can be difficult to move past them and affirm your amazingness. What you really need is a strategy, support, and the belief that you can do anything that you put your mind to.

I myself have overcome all of these problems and roadblocks. I told you earlier that I manifested my perfect partner, two babies, money, and countless opportunities including dream jobs. I will go into detail about all of these so that you can do the same thing. If you have ever researched the law of attraction you will come across hundreds of teachers and students who have had beautiful results following very similar if not identical strategies. Not only can it be done, but it *is* being done all over the world, right now.

After freshman year of college, I started to wander and wonder. They say that not all who wander are lost, but I definitely was. I felt like things were just not going my way. I did some soul searching and realized that there has to be more meaning and happiness to our short lives. I stumbled upon the law of attraction and *The Secret*. It really opened my eyes to how wonderful life could be. Shortly thereafter, I started manifesting small things into my life: a career path, an apartment, and a soul mate (not so small), to name a few. I found how controlling my thoughts would help lead me to where I wanted to go. After graduating college I moved across the country to be with my husband who was in the military. We didn't know anyone. I didn't even know where to start to look for a job. But I believed that something truly wonderful was on its way to me. I began to apply what I had learned from my intense research into the law of attraction and just a few months later I had manifested a job at a top advertising agency! You too can move beyond doubt and fear to your destiny. That was 6 years ago and stopped continue to attract by reading and learning as much as I can about the law of attraction, spirituality, and manifestation. I've done all the work so you don't have to.

Jack Canfield and Mark Victor Hansen used thought control to build their *Chicken Soup for the Soul* Empire. Oprah Winfrey manifested her acting appearance on *The Color Purple*. Lady Gaga has admitted in an interview that she uses affirmations and thought control to enhance her fame and music career. Jim Carey gave a touching interview on Eckhart Tolle TV about the power of intentions. In 2007 Will Smith spoke about the power importance of positive thinking. Bob Proctor (who is featured in *The Secret*) has created a successful career as a revered world speaker teaching others how to get rich using the law of attraction. Even quantum physicists believe in consciously creating their realities!

"...it's sort of like a mantra. You repeat it to yourself every day. Music is my life, music is my life. The fame is inside of me, I'm going to make a number one record with number one hits..." -Lady Gaga 'on the record with fuse' interview

Here's the thing: manifesting isn't for everyone. Not everyone can have real success with these principles. You have to be committed, you have to believe in yourself, and believe in the process. Check your limiting beliefs at the door and step through for a life better than you have ever imagined. It's time to give up all of those stories that you have been telling yourself to remain a victim. Get real with yourself and take the first step to a new you, as I did. That support system that you think will be judgmental of this process, will ask you to teach *them* once you start manifesting! I am going to give you the tools to succeed but I can't attract for you. I guarantee if you put these steps into action, the way I have described, you will live the life you have always wanted. But, you have to fully commit. Think you have what it takes? I think you do!

"You create your own universe as you go along" -Winston Churchill

Here is what you need to know before you begin. This is a guidebook about the law of attraction and manifesting your desires. I will show you how the power of positive thought and intention magnetizes your ability to bring anything into your life. As we will discuss, the law of attraction says that *like attracts like*. That means that what you feel and think about, you bring about. That includes good and bad. Feeling good feelings right now will help

speed the process of bringing good things to you. You have to understand that what you see is an exact reflection of what you feel. Your outward situation is dependent on your inward condition. *Not* the other way around. You shouldn't be angry that you got stuck in traffic; you got stuck in traffic because you were angry. You create everything including the bad. Once you understand this, you become more aware of your thoughts and start creating only good things. One thing about the universe: many people use the word universe as synonymous with God. You can use it however makes you feel comfortable. Still interested? Let's rock.

1. Get clear

"Your life is the manifestation of your dream; it is an art" - Don Miguel Ruiz *The Four Agreements*

Your power in this world is infinite. Your potential is unlimited. Every invention, every book, every company, everything in our society today was at one point someone's dream. They declared what they wanted and got clear about what that looked like to them. Maybe they thought, "Wow this dream is too big for me" but they plowed on anyway. They saw a path and a way. Most importantly, they believed in themselves that they could make whatever they wanted happen. Thomas Edison, Henry Ford, the Wright brothers, and Abraham Lincoln, were all dreamers first and inventors and revolution starters second. You have to start by dreaming your biggest dream with no inhibitions. Successful people have conviction and determination. They set goals and are prepared to achieve them no matter what. Failure is not option when you have risked it all and have too much to lose. The word *impossible* means nothing to those master manifestors and world changers whose' desire burns strong and deeply. Do you want to be one of these people or will you settle for second best? That is up to you. Your chance is now.

"Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing." -

Muhammed Ali

Start by getting focused and open to the possibilities that life holds for you. You can have whatever it is that you want, as long as you know what that is. What are your intentions, hopes, dreams, goals, and aspirations for this lifetime? This is *your* life and it *is* short! Do, be, and have what makes you happy. When we come to the end of our lives and wonder whether we made a difference and lived life to the fullest, there shouldn't be a doubt in your mind that you did. What do you desire so deeply that you can feel the burn in your stomach? Forget what your parents told you that you should be in this world. I don't care what you went to school for; I want to know what your soul's desire is. I want to know what lights you up like a Christmas tree. What is it that you really, truly want? What would make you so happy that you can already feel it just thinking about it? As you get focused don't let

your negative thoughts “talk” you out of anything. Nothing is impossible for the universe. Those are just your limiting beliefs (which we will defeat later) trying to burst your bubble. You are restricting yourself if you let this happen. Dream your biggest dream without reservations. Even if I haven’t convinced you that everything is possible, I want you to continue thinking about your most lavish goals and desires. When I decided that I was fed up with men and was ready for my soul mate, I made a clear declaration to the universe and myself. I said, “Universe, I *know* you are going to bring me my soul mate and I want you to know that I am so fucking ready.” I was full of emotion, determination, and faith that I knew I was going to make it happen no matter what, and that the universe was supporting me. I then gave the universe my “wish list”. I knew what I wanted him to look like, the languages I wanted him to speak, where I wanted him to live, and how I wanted him to act. Sure, I thought to myself once or twice that maybe my list was too specific and how would this person ever show up in my life, but I gave the universe a fair chance to make it happen. I followed the guidance that I was provided, and after many “coincidences” (or miracles as *A Course in Miracles* refers to it), he had arrived. As I checked off every statement on my “wish list” I knew once again that we would marry and build a family together. Fast forward 8 years and we are still going strong. See, it *can* happen! Keep in mind, this didn’t happen overnight and I didn’t get to just sit on my ass and wait for the universe to deliver. I kept living life, all the while knowing in my heart that my soul mate was on his way to me. By the way, I don’t think I’ve ever told this story, consider this an exclusive.

“All you have to do is decide where you want to go by clarifying your vision, lock in the destination through goal-setting, affirmations, and visualization, and start moving in the right direction.” - Jack Canfield, *The Success*

Principles

Listen to your inner guidance system (like I did above) by becoming aware of how you feel when you are thinking about something specific. Feeling amazing? Maybe this is it! Maybe this is exactly what you should be going for. Does it sound too good to be true? Then it is DEFINITELY what you should be manifesting. Think about how you want to feel. How will wealth or health make you feel? In reality, we are all really just striving for a specific feeling. Maybe you want that Prada handbag because it will make you feel important or successful. Focus on those feeling and then align your desire with your exactly how you want to feel. Whatever you can dream of, you can become! I can’t reiterate this enough: Don’t let anything stop you from dreaming big. Think about Jeff Bezos (founder of Amazon), Howard Schultz (who took Starbucks to the next level), Oprah Winfrey, and your own role models. They didn’t let a big dream stop them from changing the way we shop, drink coffee, or treat ourselves and others. They had an idea of how to make our lives better and make a living. They knew it was possible and they went for it...full throttle.

Stop right now and make a list of all those things. Clarify each point with as much detail as possible. Then I want you to pick one goal or dream that you will try to manifest using my steps here. Set your goal, set a date, make it measurable, and distinct. Let’s walk through an example. You are trying to manifest your dream job. What does that mean to you? Let me add a caveat by saying this: I do urge you to dream big but you have to stick with what is believable for yourself. If it is not believable for you to get on a plane to Mexico by tomorrow morning, then don’t try to manifest that. Your mind knows what is believable or not. You have to believe 100% or else you will never achieve.

Example:

I am making \$75,000 (measurable) per year working for XYZ Company by January 31st (date). I only work on the projects of my choosing such as advertising for widgets. I also only work with clients that appreciate me and value my time. I have a secretary and we are great friends. I have an office of my own. There are pictures of my kids on my brown desk. My office is only 10 minutes from my home. My boss is flexible but tough. He is a great mentor. I often work from home. I love working from my home desk while drinking coffee in my pajamas. That is one of the reasons why I love this job!

My personal goal is to have 100 people download this free guidebook within the first week of it being released. Notice that I didn't say a million. A million isn't believable for me right now and I wouldn't have enough faith in myself to make that happen. So I have adjusted my expectations to better align with my current state of mind. I will continue to use this example as we move through the steps. Pick one thing that you will focus on throughout the guidebook.

That is how you get clear. Add as much detail as possible to your dream. What happens if you don't? You risk the chance of manifesting some crazy shit into your life. After several times of manifesting wonderful opportunities into my life, I decided I would manifest a job once more. I thought, "No biggie, I have done this many times!" I wrote down some bullet points and started the process. Several months after landing a job, I found the dream sheet I used to manifest that job. Wow, my current job had encompassed every single one of my "requirements". So why was I so miserable? I was bored out of my mind and didn't enjoy going to work. How could this job meet my manifestation goals and I still be miserable? My bullet points were way too broad. I didn't focus on how I wanted to feel at this job or *exactly* what I wanted to be doing. I tried to take the easy and fast way to manifesting my goal and it seriously backfired. Don't make the same mistake. Learn from my lessons here and manifest your life the right way.

"You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve." -Napoleon Hill

We are spending a lot of time getting clear about what we want but I have to add my disclaimer to this exercise with something that I hope does not block you or hold you back. Be mindful to not close yourself off from opportunities, people, and events in your life that may not look exactly the way you had first imagined. The universe has plans for you and if you are on track with your visions to achieve those plans, you will get what you want but it may not look exactly the way you had imagined. Don't discount them! A job that offers potential down the road, but maybe not right away, may still be your dream job. You will still get the feelings of success, fulfillment, and happiness that you craved when first focusing on this desire. Don't get hung up on the fact that this was not EXACTLY what you wrote about in your journal. Follow the path and see where it leads you. In the very, very least you will learn and advance from this opportunity. You have to start seeing life as a learning experience and every event as a possibility for you to advance in your journey.

“Whether you think you can or think you can’t, you are right.” Henry Ford

2. Control your thoughts

This is one of the most crucial parts not only to the law of attraction but to living a full, happy, and successful life. There is nothing stopping you from achieving everything you've ever wanted, except yourself; specifically, your thoughts. Enter: the law of attraction. Even if you have been living under a rock you have heard of the law of attraction. In Jerry and Esther Hick's book *The Law of Attraction* they document the Laws of Abraham™ as they have been communicated to them via loving spirits (Abraham). According to the Hicks these are the laws of the universe. In one conversation, Abraham said to Jerry,

“The Law of Attraction says: That which is like unto itself, is drawn.”¹

So let's dig deeper here and explore this concept further. What many successful people know is that their thoughts are magnetic forces that attract similar thoughts which then attract those things into reality. Even if you are a doubter and a hater of all things that cannot be proven to your liking, you cannot deny that one positive (or negative) thought brings another. This tends to be particularly true for negative thoughts. A thought pops into your head that someone is stealing from you. That thought attracts a similar one and another and another. Soon your head is spinning from fear that you can barely breathe. You are angry, annoyed, and walk through the rest of your day feeling and acting this way. Do you think you are going to be able to attract anything positive into your life this way? Even if something good did happen to you while you were in this fearful place, your mind would probably find a way to turn it around into a negative event. Imagine this happens every day. Every day is a new negative and fearful thought. A diseased mind, such as this, cannot possibly manifest wonderful things. Do you see how important it is to diminish negative and fearful thinking? Let's discern the opposite, which is positive thinking. You wake up every day being grateful to just be alive. That single thought of gratitude attracts similar thoughts of gratitude for your warm home, your children, your spouse, and your job. You feel abundant and wonderful. You go through your day seeing all of the beautiful opportunities that life has to offer. Your positive thoughts have already manifested an amazing day for you. Do you see how such a person would be able to easily manifest incredible things? That is the power of thought. You can be happy anytime and anywhere. Happiness cannot be found outside of yourself. It is harbored in your thoughts, in your mind. Only YOU can create happiness for yourself. Finding your soul mate may be a goal but that person cannot make you happy. Only what you and what you give power to can make you happy or unhappy. Be aware and conscious of how your thoughts are really shaping your life. Remember, no successful or truly happy human being became that way by continuously thinking negatively about himself or his journey.

¹ Hicks, E. a. (2006). *The Law of Attraction: The Basics of the Teachings of Abraham*. Hay House.

“Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true.” - Napoleon Hill

We tend to pollute our minds with the worst kinds of thoughts; those that talk down and belittle ourselves. We are judgmental, cruel, and downright mean holding ourselves to unachievable standards. Your limiting thoughts and beliefs about yourself are holding you back more than you can even imagine. Often, these thoughts were planted into our subconscious when we were children and have been carried with us throughout our lives limiting everything we do. For some reason I started telling myself that I wasn't smart enough. I don't know where this limiting belief came from but I said it, I thought it (over and over again), I affirmed it, and I believed it. It became my reality. This belief affected what classes I took in college, what jobs I accepted, and many other life events were inadvertently affected as well. I manifested subpar opportunities in my early life because of my limiting beliefs and the thoughts that accompanied it. The only way I was able to start attracting wonderful things into my life was to break the cycle of negative self-talk. I became aware of my thoughts about myself and made it a conscious effort to change the way I spoke to myself and to others. I began to think how the way I spoke to others could be affecting the way they speak to themselves. I didn't want to be responsible for someone else's suffering. Do you? It starts with you and how badly you want to change and achieve great things. Break your own habit of negative self-talk now and then help someone else do the same.

“All that we are is a result of what we have thought” -
Buddha

Conquering your thoughts sounds daunting and difficult but it can take you further than you have ever imagined. It is worth trying and mastering. Start by becoming aware of your thoughts and beliefs and then take conscious action to make them positive. Becoming aware of our limiting beliefs and taking charge to squash that fear that we feel is what The Toltecs call the Mastery of Transformation. In Don Miguel's book, *The Four Agreements* (which I highly recommend), he states,

“You achieve the Mastery of Transformation by changing the fear-based agreements that make you suffer, and reprogramming your own mind, in your own way.”

These “agreements” are our negative beliefs about us.² What have you been telling yourself and believing? What events in your life have caused you to believe awful things about yourself? Can you see how these limiting beliefs could be holding you back in life? Answer these questions honestly and fully. Really take the time to be truthful

² Ruiz, D. M. (1997). *The Four Agreements: A Toltec Wisdom Book*. San Rafael: Amber-Allen Publishing, Inc

with yourself about how you have been letting yourself down. Usually the things that we say to ourselves we wouldn't dare say to a loved one. So why do we repeat them over and over again in our heads? Lack of self-love may be an issue here and perhaps this is where you need to start. Learn to love yourself the way others do. You are important, you are valued, you are needed. This is an important part for someone trying to attract a soul mate. You cannot possibly expect someone to fall deeply in love with you when you don't love yourself. Start with your thoughts. Here are a few pointers on how I and many other people have conquered their self-sabotaging thoughts and beliefs.

Affirmations

Think of positive affirmations that negate your limiting beliefs. Mine was "I am a genius." I would say this in the mirror a few times a day. It made me chuckle every time. I laughed at myself not because it was ridiculous but because DUH... I *am* a genius! And that felt SO good! Repeating your affirmations as you awake and before going to bed is important. You start your day by invoking feelings of love for yourself and you end your day the same way. You also plant this positive thought into your subconscious before sleep making your brain work on really truly believing your affirmation and turning it into reality. By the way, there are many apps out there for your smartphone that will spit out daily affirmations related to your goals. In regards to this guidebook and the goal that I shared earlier, my affirmation is "My value packed guide will bring happiness and abundance to at least 100 people in the next week." This feels good to me, so I know it will work.

Successes

List your achievements. Write down all the times that you were successful; times when you really felt beautiful, smart, amazing, and at your best. Sit with your list and take the time to really feel the feelings that come up. Those strong positive emotions are crucial to banishing fearful thinking. Our brain lights up for positivity and attracts more of the same. Do this daily, or as much as you feel you need to help you conquer whatever limiting belief you are dealing with. This exercise is also useful for building confidence and increasing self-value.

Self-love

Show yourself some love. Do whatever it is that makes you feel good about yourself. If going to the bookstore to read makes you feel powerful, strong, and knowledgeable then do it! Do it often so that those feelings are stronger than your weak negative ones. Soon you won't even remember the thoughts that were holding you back. This is a great distraction for those of you that tend to only notice what you don't have and how much your life lacks the things you want. You CANNOT manifest anything from a place of lack, unhappiness, and discontent. Love yourself for how far you have come in your life and for the beautiful things in your life today.

Check your crowd

Stay away from the haters. Haters' are gonna hate, right? Stop hanging out with the people that bring you down. Don't let others talk down to you and plant negative, fearful thoughts into your mind. You are headed for great things; you can't afford this poison to take you over. It's also important to note that all haters are probably dealing with their own negative self-talk. If you feel comfortable, maybe you should speak with this person on how he/she can change their ways. With that being said, start spending your time with people that you admire and admire you. Like-minded people that believe in you and your dreams will only help you rise to your full potential.

"You have to believe in yourself when no one else does.
That's what makes you a winner." -Venus Williams

Dissect & Reword

Lastly, if you find that none of these fear-conquering strategies work for you, dig deeper into your negative beliefs. Sit with it and dissect it. How did it begin, when did it begin, why are you still thinking this way? Practice forgiveness, meditate, pray for guidance, and then reframe your negative belief to something that is more aligned with your desire. Some of these deep rooted feelings can be difficult to get rid of. Take your time writing out your feelings daily and see how they change day over day as you repeat your now positive beliefs, affirmations, and self-love practice. Remember, this is a journey not a race. As soon as you raise your vibrations to more positive ones you will begin to reap the benefits, even if it's not perfect.

Do one or all of these things daily for the fastest results. I promise you that you will start to see great things happen in your life. Use these positive thoughts and affirmations to reassure yourself that you can and *will* have health, wealth, and happiness. As you continue to do so, you will develop faith in yourself and in your abilities. You will see yourself as being able to achieve anything in this world.

The science

Quantum physics believes that you are the creator of the universe, quite literally. As explained in Greg Kuhn's book *Why Quantum Physicists Create More Abundance*, the double slit experiment (which you should definitely check out on YouTube) has proven that our expectations and observations of an event actually influence the event itself. When electrons (which are simply matter) were shot against a board with two slits they made a different pattern than when they were being observed. This experiment led quantum physicists to wonder if perhaps everything changes form (from nothing to something) depending on the observer. Since we are also made of matter this experiment is likely to occur every day with everything and everyone. Our belief about the object that we are observing is highly impacting the object as well. Scientists believed that the electrons should make a specific pattern and when they sent those expectations (or beliefs) into the universe and observed, it actually occurred. For instance, you have observed and therefore created that computer that you are reading on. Had you never seen it, it would not exist (at least not to you). Your car is blue because you said it was. If you saw it as red and said it was red, it would be red. Do you see how you are constantly creating your reality? Here is an example about having expectations for others: your crying toddler is throwing a fit. Your expectations for your child, your deep rooted beliefs of that child, and your observation of the screaming toddler have all created the situation. Hard to wrap your mind around it, I know. Here is the thought theory behind it. Your beliefs in your unconscious mind are vibrating at the highest frequency possible. This vibration is attracting *like* thoughts, actions, and circumstances into your reality. This is the law of attraction hard at work. Therefore, once you can control subconscious beliefs, and change them to align with your dreams, you can ultimately control your reality. This is where some people may have difficulties. We spoke earlier about positive thinking and affirmations. These are important aspects of changing your beliefs, but they are just the tip of the iceberg. It takes a lot of focus and hard work to change these

deeply rooted beliefs that lay in your subconscious mind. It will take strong positive emotions from new beliefs to change your old and send new magnetic attractions to the quantum field.³

That was a lot. Go back and re-read it. It is important for your creation process that you understand how and why this works and believe it is possible.

“And it is your observations and, more precisely, your expectations that command the unformed field of energy to manifest into concrete, distinct material.” Greg Kuhn - *How Quantum Physicists Build New Beliefs*

Greg Kuhn refers to the different parts of the brain in his book *How Quantum Physicists Build New Beliefs*. What you have to understand here is that the subconscious part of your brain (Paleomammalian) is where all of your decisions are made. This is also the emotional part of your brain which would mean that all of your decisions are actually made based on emotions rather than logic. The logical part of your brain is what justifies that decision that you have already made. Knowing just this alone can truly change your life. If you are an overeater and you start to become aware of the emotions you are feeling when you are filling up on donuts, you can focus on other things that bring forth the same sort of emotions for you. How does this affect manifestation? By building new beliefs that are aligned with the emotions that you want to feel (typically from what you are trying to manifest) your subconscious brain will try very hard to find and achieve that specific situation (or similar/better ones) that will bring you the same sort of emotions. However, be mindful that this is only true if your deep rooted beliefs are that what you are manifesting CAN and WILL happen and will entice those emotions. So how do you change these beliefs? You start to train your brain by feeling these emotions now!⁴

“...because our brain expects something will happen a certain way, we often achieve exactly what we anticipate.” -Jack Canfield, *The Success Principles*

Knowing what you now know about the brain, does it surprise you that positive thoughts have such a wonderful effect? Now here is the scoop on negative thinking and why you should avoid it at all costs. In *The Science Behind the Law of Attraction*, Srinivasan Pillay explains what happens to our brain when we are worried and under stress. Add negative emotions and thoughts to the already stressed mind and you have a recipe for bad manifesting. The brain cannot tell the difference between “I don’t want debt” and “I want debt”. This is especially true when the brain is stressed. Rest assured that if you feed a stressed mind negative thoughts they *will* manifest. It’s universal

³ Kuhn, G. (2013). *Why Quantum Physicists Create More Abundance: The Scientific Secrets to the Law of Attraction*. E-Book.

⁴ Kuhn, G. (2013). *How Quantum Physicists Build New Beliefs*. Kindle Direct Publishing Edition.

law and brain science.⁵ So change your thoughts from “I don’t want debt” to “I want to be abundant”. Instead of saying “I don’t want to be sick anymore” you can say “I want to be healthy”. It’s easy!

3. You’re already there, baby!

Feeling the emotions of having exactly what it is that you want, is the third step. You want to be a millionaire? Act like one and think like one. Surround yourself with people that are millionaires and take note what they talk about and how they behave. Really focus on what it feels like to be that millionaire. How are all of your senses affected? Feel all of it and feel it often.

“Financial success comes even more quickly when you do the following three things: imagine your monetary desire with strong intention to manifest it, frequently put purposeful attention on your goals, and be involved actively in achieving your desired outcome” -Meera Lester 365 Ways to Live the Law of Attraction

Believing you are already in possession of what you want may seem difficult if your current realities, or thoughts, are far from your dream (this is precisely why the step before this was conquering your thoughts). After getting married, my husband and I decided that we wanted a baby. I had read *The Secret* many times and knew I had the power to manifest this baby in our lives. However, I had a very difficult time believing that I already had the baby in my life. There was no way in hell I was going to go to the grocery store holding a fake baby and pretend it was real. Don’t get me wrong, I truly believed I would get my baby (this is key). There was no doubt in my mind that I would get what I wanted but, I just couldn’t take it that one step further (which many people believe is the only way to manifest). I faced this problem again later in life when I was trying to manifest prosperity. I knew I would eventually get the money that I desired but I just couldn’t go through my day pretending that I was already rich! There are two options here to get you attracting without pretending. One is gratitude (discussed later) and the other is visualization. In both of the instances above, I realized that visualization was the most powerful tool that I could possibly have.

“Imagination is everything. It is the preview of life’s coming attractions. -Albert Einstein

I would take several “visualization breaks” every day where I would actually feel the feelings of having what I wanted. I created vision boards and sat in meditation imagining what I wanted was already here. I also listened closely to my intuition to tell me what guided actions I should take (we will discuss this in the next step). And guess what? It worked! I received the money that I needed and the baby that I wanted (not at the same time). You see,

⁵ Srinivasan Pillay, M. (2010). *The Science Behind the Law of Attraction*. Cambridge: NeuroBusiness Group, LLC.

anything is possible if you just believe. When you add visualization and the emotions that come with it, you become a very powerful magnet for those things that you desire. The universe has to, and will, find a way to get those things that make you feel good. On a scientific level, your brain also strives to get you the things that you want. Scientists have proven that when the brain engages in visualization, it does not know that what is happening is not real. When we train our brain to think that something we desire is happening, it will continue to attempt to make it really happen. I spoke about this in the previous section and also touched on training the brain on these emotions. Visualization is an important part here but I must also tell you that if your real beliefs on the situation are that what you want will never happen, then it won't, no matter how many times you visualize it. Since these expectations reside in your subconscious mind, your mind will never let you achieve what you want because it is not aligned with the emotions that have been ingrained into it. Your parents, teachers, friends, the media have all been influencing your "agreements" or beliefs your entire life. If you have been told your whole life that money only comes to those that bust their butts then that is what your subconscious mind will continue to believe until you change it. You can't try to manifest complete abundance in your consciousness while your subconscious is putting out thoughts into the universe that only those who lie and cheat can achieve financial freedom. Do you see how the two contradict? You will never get the results you need this way. Use the strategies discussed earlier and below to change your beliefs.

Visualize.

Visualize yourself getting what you want and feel those feelings of having it now. This has been proven over and over again with athletes. When an athlete visualizes his sport without actually performing it, it stimulates the same regions of the brain as if he was actually performing it. Olympic athletes imagine their routines or races in as much detail as possible, setting records, and winning their event. More often than not these athletes go on to perform to their visualization! How incredible is that? Your brain is in cahoots with the universe and together they will find a way to get you what it is that you truly want. The power of visualization is so good in showing your brain what it needs to accomplish. Feeling into your subconscious (if you recall, this is where our decisions are made) will help the mind become sensitive to finding different ways to help you achieve these goals. Now that your brain knows what you want it can search high and low to help you attract the opportunities, events, people, cash, and ideas that you have visualized.

"When you put out goal-directed images of what you want, the brain activates to start to take you there," -

Srinivasan Pillay, M.D.

Meditate

Meditation is truly the most effective way into one's soul and subconscious mind. New to meditation? Below are some basics that you can follow or TONS of guided meditations that you can find on YouTube. You can check out www.dannayahav.com for my own guided meditation. Sit in easy pose or in a chair with your feet on the ground. Touch your thumb to your middle finger (or rest your palms on your legs facing upward) and gently close your eyes. Focus on your breath. In and out, in and out. Wayne Dyer suggests picturing a board with the words "Our Father" and focusing on the space between the two words. I use "Milk Chocolate" because, well, why not? Other meditators suggest chanting. Many people meditate to songs while others prefer quiet. It is completely up to you. The key to meditation is quieting your mind. Thoughts will definitely enter but it is your job to let them pass and not follow them wherever they want to take you. This is a great way to train yourself to become aware of your thoughts. As each one enters, acknowledge it, be aware of its presence and then move on focusing on your breath,

song, or chant. Go easy on yourself. It takes time to master meditation and I'm not sure many people really do *master* it. However, it is definitely worth a try and the research behind the benefits of meditation is astounding. It has been shown to eliminate stress and anxiety, reduce headaches and blood pressure, increase spiritual awareness, and improve memory and focus at the very least. Commit to this and you won't regret it. The more you practice, the better you will get, and the more benefits you will experience from it. Besides all that, it gives your consciousness a chance to rest, and then your subconscious can take over by relaying important messages in achieving your dreams (we will discuss this next). I often use the beginning of a meditation to really visualize what I want, feeling of course, and then I let my subconscious take over and lead the way. Visualizing success for this guidebook has taken form in my mind as YOU achieving and succeeding in the manifestation of your goals. This vision gives me feelings of service, gratitude, love, and abundance.

4. Take action!

"Once you know your life purpose, determine your vision, and clarify what your true needs and desires are, you have to convert them into specific, measurable goals and objectives and then act on them with the certainty that you will achieve them." -Jack Canfield, The Success Principles

"Take the first step in faith. You don't have to see the whole staircase, just take the first step." -Martin Luther King, Jr.

There is a common misconception about manifestation. Many people believe that if they just ask and sit around and wait, what they desire will just appear. If they write million dollar checks to themselves, they will magically come in the mail. It doesn't ever work this way! I have found that the best manifestations always involve a little work from me. If what you want is to be successful at something you have to practice and you have to work hard to achieve it. You can't just ask to become a professional figure skater and then wake up one day and go to the Olympics. It just can't possibly work that way! You have to do the work. However, if being a figure skater is your true destiny and your life's purpose then this "work" won't even feel like work to you. Chances are you're already doing it and have been for quite some time. Doing the work to get what you want but feeling good and alive while you do it, is the key to manifestation. These emotions, while you are acting upon your desire, magnetize your powers. We've discussed earlier the importance of your emotions and it is something I am going to mention again because it is imperative to the law of attraction. *"Wishing will not bring riches.*

But desiring riches with a state of mind that becomes an obsession, then planning definite ways and means

to acquire riches, and backing those plans with persistence which does not recognize failure, will bring riches." Napoleon Hill *Think & Grow Rich*

Take guided action. Gabrielle Bernstein, New York Times best-selling author, teaches that if you would just listen to your intuition, you will be guided to the next action step. The universe will bring you what you want through many different avenues but you have to pay attention⁶ (this is why I suggested meditation and visualization). I recently wanted to take a \$2,000 course. I didn't have the money and I didn't know where I would get the money from. I made it my intention to manifest this money within the week so that I could sign up for the course. I *knew* I would be able to somehow come up with that money because I felt so intensely that I needed to be a part of this. I asked to be guided and then listened to any intuition or ideas that would occur to me. That day after telling my husband how badly I wanted this I remembered something. Quite some time ago, I had invested \$2,000 in some stocks! I had asked for guidance, an idea occurred to me, and I acted on it so that I could get what I wanted. Was it a coincidence? Depends on how you perceive it. I see it as the universe bringing me exactly what I asked for. You have to be willing to act and not question the guidance. My inner guidance system reminded me that I had the money and I immediately knew what action I had to take next. Don't doubt your intuition. Go with it. If you are interested in connecting with your intuition I highly recommend Gabrielle Bernstein's books and watching her YouTube videos. Meditation and prayer are both wonderful ways to engage and listen to your intuition. Take the time to do both. Sit in silence and focus on your breath (check out www.dannayahav.com for more on meditation). Pray for what you want and then listen for divine guidance. Look for signs that the universe has heard you and supports you in your goals. Really open your mind to new and exciting opportunities that may help attract your desires. Or at the very least, bring you joy in the current moment. Because that's all we really want, is happiness in the now.

"The whole course of things goes to teach us faith. We need only obey. There is guidance for each of us, and by lowly listening; we shall hear the right word." -Ralph Waldo Emerson

A few years ago I was trying to manifest the perfect job. I had gotten clear about exactly what that looked like to me. I knew how much I wanted to make, who I wanted to work with, and what I wanted to be doing. I had prayed, meditated, and visualized. I believed 100% that I was going to land the perfect job. I would e-mail my resume out feverously every day. Just when I was starting to lose a tiny bit of hope I hit my big break. (It typically happens this way which is why you should never, ever, ever, ever, give up!) I saw a job posting online that I wasn't too interested in. For some reason I had the idea that I should call the recruiter instead of just e-mailing, as I had done so many times before. I called her and told her what I was looking for. Not surprisingly (ok, a little), she had a new position that she hadn't even posted online yet. To make a long story short, after weeks of waiting and interviews, I landed my dream job! It was perfect and is still one of the best jobs I have ever had. This all happened because I

⁶ Bernstein, G. (2010). *Add More ~ing to Your Life: A Hip Guide to Happiness*. Long Island City: QNY.

listened to that little voice inside that told me to pick up the phone. This was the second time that I manifested my dream job. This stuff works. It really, truly, absolutely works. But you have to believe, trust, commit, and do the work that is required.

“Never forget: This very moment, we can change our lives. There never was a moment, and never will be, when we are without the power to alter our destiny. This second, we can turn the tables on Resistance. This second, we can sit down and do our work.” -Steven Pressfield
Turning Pro

Don't sit on your ass and wait for things to happen or for money to fall out of the sky. You have to take action, guided action that feels just right. Action can sometimes mean days and days of sitting in front of the computer writing your book. Or action can mean calling all of your creditors and asking for some lenience. Whatever that action step looks like to you, just do it. Once you start, you will inevitably build momentum and the miracles will start occurring. If you're really not sure what your next action step should be, just ask. Meditate on it or pray for some guidance. Don't worry the universe and your inner guidance system will always help you take the right steps that will ultimately lead to your desires. You have to be willing to listen and willing to act. Going back to my intention for this guidebook, I am going to market my guidebook on social media educating others on how easy it is to be happy and get what you want from life. What action can you take today to fulfill your desire?

“The universe has your back” - Gabrielle Bernstein

5. Gratitude is the only 'tude.

Be respectful, be kind, and give gratitude for everything. That includes what you already have and what you don't have yet but are in the process of manifesting. I often do this in meditation. I give thanks for everything in my life and I ask that my desires be fulfilled. I then turn it over to the universe to guide me. A common prayer used by Marianne Williamson, Oprah, Gabrielle Bernstein, Eckhart Tolle (and I'm sure many others) during meditation comes from *A Course in Miracles*:

“What would You have me do?
Where would You have me go?
What would You have me say, and to whom?”

When you are operating from a place of service and offering your gifts, guidance, or even just kindness to others your day to day thoughts and feelings gradually escalate towards love. When you begin to share that love with others around you, you will manifest more situations that bring you those intense feelings of love, gratitude, and joy. Use this prayer to ask the universe where and how you can be of service. Wherever you are led, just be

grateful for what you have, and trust that what you're asking for (or something better) is on its way to you. Go through every day being thankful for the things you have and you will see that the universe will give you more and more things to be grateful for. After all, it's the law of attraction! The better you feel about what you already have the more you will attract *like* feelings to yourself. Build that momentum of gratefulness and happiness in your life and those feelings will attract you to more situations that will bring similar results.

"Giving is the highest expression of potency. In the very act of giving, I experience my strength, my wealth, my power. This experience of heightened vitality and potency fills me with joy. I experience myself as overflowing, spending, alive, hence as joyous. Giving is more joyous than receiving, not because it is a deprivation, but because in the act of giving lies the expression of my aliveness." -Erich Fromm

In Esther and Jerry Hicks' book *Ask and It is Given*, we are continuously reminded that when we focus on what we don't have, we will continue to manifest not having and those negative feelings that are associated with not yet manifesting our desires. However, if we focus on what we do have in our lives we will manifest wonderful things based on those feelings of joy that we feel looking around ourselves.⁷ When I set forth to get pregnant the second time, I knew that I wanted a girl. I began manifesting from a place of happiness, gratitude, and health. I was happy with my job, my family, and my life. One major aspect in my life that led to me manifesting from this place was my wellbeing. I was exercising regularly, eating very well, and feeling wonderful. You don't realize how much food and exercise affect your mind until you actually do it. I learned the science behind the conceiving a girl and knew that the universe would bring me what I desired especially since I was already feeling so good. I didn't focus my energies on not being pregnant yet, I focused on the wonderful things already consuming my life. One month later I was pregnant...with a girl. Again, the law of attraction says that what we think about we bring about. If we continue to think that what we really want is still not here, we will continue to manifest that feeling of not having what we want. If you accept that the universe is working hard to bring you what you most deeply desire and stay focused on the feelings that you experience knowing your desire is on its way, you will more quickly bring that to you. Keep your mind on whatever makes you happy and keep attracting more of those feelings. Keep your vibrations high through gratitude for what you do have, love for others and yourself, and through happiness that can be found all around you. I am grateful for the people in my life and the support that I have received taking on this wonderful journey to fulfil my true calling. I feel blessed, excited, and eager to see what the universe has in store for me (after I get my 100 downloads).

⁷ Hicks, E. a. (2004). *Ask and It is Given: Learning to Manifest Your Desires*. Hay House.

"Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have, you will never have enough." - Oprah Winfrey

"As soon as you start to feel differently about what you already have, you will start to attract more good things, more of the things you can be grateful for." - Joe Vitale

If you have stayed with me throughout this guidebook, I commend you. If you haven't outlined your goals, described your limiting beliefs, or explored the amazing things already in your life, this is the time to do it. Take advantage of these principles and all of the information that I have provided and really put it into action. Start brainstorming, writing, experimenting, meditating, praying, acting, and becoming more aware of your thoughts and beliefs. Try out some of the tips that I have shared here and see how they can improve your life. I know that many people will just read this guide and not implement any of the steps. These people don't have the commitment that you have. They may let years go by before they decide that enough is enough and they are ready for change. Change is hard. I get that. But you need to take action. Take one action step and you will build momentum. Do one thing that I suggested and watch your life start to transform. I believe we were all put on this planet with a plan. I have heard Wayne Dyer call it "your music". Don't leave the planet with "your music" still inside of you. Find your purpose or plan that will bring you happiness and abundance through health and wealth. You have been given the beautiful gift of life, don't waste it. Give your children the motivation to reach for their dreams by watching you strive for yours. Make a positive change today. In a month or a year you are going to wish that you started today. Start today, start now, and stay focused. Your dream life is waiting for you... go get it.

"Everything you can imagine is real" - Pablo Picasso

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