



MIND DYNAMICS

Manifest Your Dreams
In 3 Simple Steps

John T.

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INDIVIDUAL RESULTS MAY VARY.

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INTRODUCTION

Life is all about possibilities.

Have you ever wondered if there were a way to influence those possibilities?

If you could, what would be the results?

Could a miracle happen?

Come to think of it - are miracles even possible?

These are very important questions to consider.

I'm sure you can think of a situation you are aware of when something truly miraculous happened for someone, can't you?

Maybe someone close to you, or even an acquaintance. You've certainly seen stories in books or on television of miracles occurring. Chances are, at some point in your life up until now, you have even experienced one

yourself. You may not have thought of it as a "miracle" at the time, but with reflection that's exactly what an incredible possibility presenting itself and a person acting on it is. **A miracle in the purest form.**

This guide is all about manifesting these types of miracles. In a way that's as much science as spirituality. It's a method more than a belief system, you can learn quickly and it works if you work it.

It's changed my life far beyond my wildest dreams and it can yours too.

Many, many books have been written on the subject, but only rarely have ALL the strategies for getting this method to manifest quickly, precisely and without fail been put in one place. Even then they've often been concealed by fluff, cryptic language and distracting mysticism. And these books have been kept, for the most part, within certain circles and not shared with the outside world.

Not anymore. You are about to be given the chance to enter a world where you can make your dreams become

a reality. If it's your destiny to live a life of bliss, you're now being handed the tools to accomplish that destiny.

At first, it won't be easy.

You have to be willing to study with an open mind, to strive to understand what's being taught and finally to have the courage to take action and apply these teachings to your life.

Again, like everything else that's even remotely important these methods will only work if you work them.

But when you do, you'll be able to answer the question of "Can miracles happen?" quickly and convincingly because you will have seen the best proof of miracles of them all.

You will be able to manifest them whenever you seriously desire!

The method has been called many things, but in our lifetimes the most popular name has been the Law of Attraction. It's as good a name as any for what you are about to learn. But regardless of the name it's secrets are

revealed in this guide.

Are you excited? Good, you should be!

Do you have an open mind about what you are about to learn? Excellent, because it's a prerequisite to being able to learn.

Will you take action to change your life? I hope so, because if not this guide won't be able to help you. In fact no book or method could. Until you are willing to try different things you will be held in the straightjacket of inertia and everyday is likely to be much the same as the last.

You've taken the very important first step of starting to read this Guide. I'm exhilarated to be sharing this knowledge with you. When you've finished the sky is truly the limits!

Let me share with you a quote before we get started. Keep this in mind as you begin your journey:

"I am realistic – I expect miracles." - Wayne Dyer

Model Wayne and you are off to an awesome beginning.

Be realistic. Expect miracles.

A life of abundance and prosperity is right around the corner!

Seize the day!

John.T

CHAPTER 1 - YOU CREATE YOUR OWN REALITY

People can sometimes have predictable reactions.

If I told you "You create your own reality" and you were having a nice run of "good luck" I'm willing to bet you would find yourself agreeing with me. Now if I made the same statement when you were feeling down or in a slump, I wouldn't be shocked if you told me "Hell no, I don't!"

I give you this observation after years of experience. I've seen it again and again.

The truth is you do create your reality. In good times AND in bad.

It's a law that's inescapable and one of the foundations of our guide. The sooner you recognize this law the sooner

you will be able to use it to your great advantage.

We'll get into how to do that later, but for now there's a few basic changes you can make as a reality creator that will show you immediate positive results. These small changes can be thought of as learning to walk before you run.

They'll help you feel better NOW and build up your sense of well being and confidence. This sets the stage for the Law of Attraction to work its magic brilliantly once you learn how to apply it to your life.

So keep an open mind and give these two mental exercises a try. Remember to keep an open mind.

Accept That You Are Aligning With A Great Source Of Power.

I'm not here to tell you where this power may or may not originate. That's not our purpose here. But once you acknowledge you are aligning your thoughts and actions with a power beyond you, moving with its energy current and not against it, you open doors for your reality to

become more and more in line with what you'd desire it to be.

Every morning awake and immediately say aloud, "I create my own reality. I am in tune with the universe's laws." Repeat this, while looking in a mirror. around lunch time. And again immediately before bed.

Stop Thinking Of Past Mistakes Or Problems.

Yes, you created your reality when you were experiencing things that were painful or otherwise negative. Why you may have done this is not important at this point. What is important is that you have a new beginning now that you are studying this Guide. By stopping yourself from thinking about past mistakes and problems, you remove the energy source that could have you create similar situations in the present and future.

This can be difficult at first, but will become easier in time. As an exercise whenever you find your mind drifting towards past darkness immediately shift your thoughts to what you'd like to be experiencing in the near future. You may be shocked to see these things begin to fall into

place before you even learn the inner details of the Law of Attraction or other secrets in this Guide.

This is because your nature is to be a reality creator. This is just something you've never been made aware of before.

Now it's crucial you begin both these practices immediately. Continue both for the entire time you work through our guide. It's your choice if you choose to follow through with them afterwards, but I've not known many people who turn their back on these two things once they see the powerful change they work in making life more magical.

Once you verify they work so well, I'm confident you will agree.

CHAPTER 2 - INTUITION AND USING JOY AS A COMPASS

How do we know if we're on the right path?

That's a very important thing to consider before we dig into the in's and out's of manifesting miracles with the Law of Attraction. It's important because once the Law starts working for us, if we just use our eyes and ears or "common sense" to observe signs of the Law operating we may not pick them up. We might become discouraged, negative or worse quit moving in the right direction just before we achieve our dreams. All because we didn't know how to tell if our miracles are brewing behind the scenes.

It's kind of like the story of the miner who stops mining because he gives up right before striking gold and making millions. We don't ever want to be that miner, do we?

And we don't want to waste anymore of our precious time dedicating it to lost causes.

There's great news! One of the huge secrets I'm sharing here with you will make sure this never happens to you again. Once you master it you are well on your way to manifesting miracles.

It's All About Paying Attention To Your Inner Compass.

It can mean all the difference in the world. Most people who I've ever met who weren't able to get the Law of Attraction to work for them, weren't even aware this compass existed. Once they learned about it, they tried the Law again and the miracles really started to blossom!

Trying to manifest miracles without this knowledge is like trying to bake a cake while missing a key ingredient. Once in a while you may end up with something that tastes good, but it's really just by accident. Most of the time you will just have a mess on your hands!

How does your inner compass work? It's very simple.

When you are moving in the right direction, you will FEEL good.

Yes, your emotional state is how your inner compass communicates with you.

It's a kind of intuition that expresses itself through feelings of joy.

Have you ever been happy while it seems like everything is falling apart around you? Or anxious when everything seems to be going well? The explanation is clear. It's your inner compass trying to guide you in the correct direction. It's time to start listening to these calls. Especially, if you want to become a master at manifesting miracles.

Here's two tips that will help.

1. Practice Being Aware Of Your Feelings.

Life is sometimes so hectic that if we don't stop and take notice, it's hard to even know exactly how we're feeling. Get in the habit of slowing down and registering how you feel. If you find yourself feeling down more often than

not, it's a sign you may need to rethink aspects of what you are doing. On the other hand, if you are feeling joyous and blissful keep moving in the same direction.

2. Don't Question Waste Your Time

Researching WHY This Works.

There's plenty of explanations out there that explain why this inner compass exists and what it's an expression of. It could be a beneficent higher power or it could be a version of ESP. Or something else. Don't concern yourself with these sort of questions until you begin manifesting miracles in your life. Then explore.

Think of it as emergency surgery. If you were dying would you delay surgery to learn all there is to know about your operation, or would you trust your expert surgeon to heal you and then later get caught up on the details. Your inner compass is there, it will work for you if you pay attention and it will help you attract abundance into your life. For now that's all that matters.

Get clear with recognizing your emotional state. It's your inner compass that will lead you to your dreams!

CHAPTER 3 - LAW OF ATTRACTION

101

So far we've only touched on the Law of Attraction. Now that we've covered some essential ground, it's time to explore the Law more deeply.

Welcome to Law of Attraction 101. After this chapter of our Guide, you'll understand the Law and what it means to you as a future miracle maker.

What Is The Law Of Attraction?

The Law of Attraction is, simply, that we attract into our lives whatever we focus our attention on. Good or bad. The more emotion attached to these thoughts the more energy the Law is charged with and the more powerfully the Law manifests itself.

Key Elements of the Law of Attraction

As we make our way through the Guide keep these things in mind concerning the Law.

You Attract Your Life Experiences Based On Your Thoughts.

When you think positive thoughts and speak positively, good things manifest in our lives. When we think or speak negatively we can literally turn our lives into a living hell. This can be a hard pill to swallow, but once it is, the door opens to becoming a reality creator who holds the responsibility of our experiences in our own hands, rather than one of the ignorant masses who blames things on "circumstance."

Thoughts Should Be Considered Invitations, For Good Or Bad.

Thoughts should be watched carefully. They act as invitations. If we think about how we will meet the partner of our dreams, the chances are we will. If we

worry about our new business venture failing for no reason, we are also setting the stage for our business to fail. This requires some discipline and training to control, but when we do we stack the deck in favor of our success.

Trust Your Emotions.

Your emotional state is how the Law of Attraction guides you. Rational thought should never be denied, but if you ever have emotions strongly pressing you in an opposite direction of your intellect give your emotions a chance. It's very likely it's the Law nudging you in the direction you need to be moving in to see your dreams manifest more quickly.

The More You Think Of Something The Quicker It Will Manifest.

Once we accept that our thoughts create our experiences it only makes sense that the MORE we think of something, the quicker it will manifest doesn't it? This is exactly how the Law operates, which explains why things like affirmations can have such power. Whether

intentionally or not, they use the Law of Attraction to their advantage.

The Nature Of The World Is Abundance.

There's more than enough of everything, for EVERYONE who practices the Law of Attraction. Scarcity thinking is the enemy of achieving your dreams. Replacing it with celebrating the abundance in the world gives the Law of Attraction even more power to manifest. And when it does, believe me, you will never doubt the abundant nature of the world again!

There's more of course. And we are going to break down how to best use these elements to harness the Law of Attraction and make it your own. But for now congratulations on graduating Law of Attraction 101!

CHAPTER4 -DESIRE - DEFINING WHAT YOU WANT

Before we are able to get what we want through the Law of Attraction or really any other method, we need to do a very important thing. We need to become clear with ourselves about what we really do desire. This means putting an end to sending out mixed messages to ourselves and to the universe. Because mixed messages are a sure way to make our progress grind to a halt.

Think about it. If on Monday you spend your time and energy focused on becoming wealthy, but then on Tuesday your thoughts gravitate towards how "money is evil" what do you think this does for you?

The Law of Attraction will have been used to push in two different ways. The first towards wealth and the second towards keeping "evil" (wealth) away from you. The end result is either staying just where you are or slightly pushing money away from you. Because it is always easier to push something away than to attract it.

Does this sound productive? Of course it isn't.

So it's vital you get clear yourself with what your desires are and aren't. Once you do this, you remove an obstacle that could be seriously slowing down your progress in manifesting miracles! Remember strong desire (or other emotion) is the fuel that charges the Law of Attraction's power.

There's a simple and time proven tool that can really help you be clear about what you want. You can get the materials to put one together for only a few dollars. If you take action and follow my instructions here, I wouldn't be surprised if it doesn't quickly become one of your most prized possessions. And it should be because it's a possession that will help you draw other possessions and experiences into your life!

It's Called The Vision Board.

Get yourself a large piece of cardboard or one of the plastic boards you can write messages on with dry erase markers, both these options can be found in any office supply store or elsewhere. Pick a place where you can hang it where you can see it often. I like my bedroom wall.

Now you'll be covering this board with what you desire most. What you will be working on getting with the Law of Attraction. Cut out photos from magazines, draw pictures and write down notes. Make it as personal and attractive looking as you can. While you are doing this think about how much you truly desire each of these things as it makes it onto the Vision Board. If any concerns come up in your head work them out as you place the thing, experience or event on the board. As always, strive to be honest with yourself.

When you are completed, make a point of looking at your Vision Board often. While looking at the board raise up the same amount of desire you had when you entered the

various items. This burning desire will help clear away any inner conflicts you may still have.

Your Vision Board will motivate you.

Your Vision Board will make your desire clear, empowering the Law of Attraction.

Your Vision Board will boost your confidence as you start manifesting your dreams and you remove things you've accomplished and add new desires.

This is one of the secrets in our Guide that should NOT be skipped or delayed.

So get to work!

CHAPTER 5 - LIMITLESS BELIEF AS A LIBERATOR

What is a belief? A belief is something you feel absolutely certain about. It's something that you have confidence in. It can be a positive thing or a negative. Beliefs can be based on facts, our imagination or something else. They can be true, false or in between. They can limit us or liberate us.

Limit or liberate us? Absolutely.

The old saying "What you believe, you can achieve!" couldn't be more true. The Law of Attraction makes sure

of this. If you believe you will be a millionaire one day, with all your heart it's a safe bet you will be. And, on the other hand, if you believe deep down inside you are destined to be a failure, you will fail. In fact, failure might occur again and again, even when it seemed like success is certain.

This makes it clear that we need to be certain our beliefs empower us and not curse us. The Law of Attraction demands it!

Taking these steps will help.

Do An Inventory And Write Down All Limiting Beliefs You Can Identify.

Take an afternoon and examine your beliefs. Do any limiting beliefs that could be standing in the way of you achieving your dreams stand out? Write them down. When you think you are finished, spend at least another thirty minutes or an hour and uncover more. They are there believe me. When you have discovered them, write those down as well.

Look Long And Hard At Your List.

After writing down your limiting beliefs, take a long look at them and think them over. Can you see how they're just not true? How they are holding you back? It's important you stir up emotion as you do this. And you SHOULD be emotional! These things have been keeping you from your dreams!

Make A Second List Of Empowering Beliefs To Replace The Limiting Beliefs.

This can be as simple as replacing something like "I always fail," with "I am guaranteed success!" Put this list on a second separate piece of paper and also spend some time looking it over and internalizing it.

Burn The List Of Limiting Beliefs.

Take a lighter or match and safely burn the list of limiting beliefs. Imagine these beliefs leaving your mind and body as the list burns. You are symbolically removing these faulty ideas from your life and sphere of influence to, hopefully, never return.

Post Your New Empowering Beliefs In Plain View.

I like to make a few copies of my list of empowering beliefs. I put one in my bedroom, one on my refrigerator, one in my car and even one inside the locker I use at my gym.

The point is, the more you see these new beliefs the better. This will help them become part of the new you, both consciously and subconsciously. Expect these new beliefs to gradually take hold until they set themselves in stone near the 21 day mark. Psychologists have confirmed this fact recently. Law of Attraction teachers have known this secret for hundreds of years.

Limitless beliefs are liberators! Are you ready to be free?

CHAPTER 6 - THE SECRET OF OUR MIND

There's more and more research and studies done on the brain and on the nature of thought and the mind everyday. Some of them get it and some are so biased towards "hard" science that they completely part ways with what they see happen in the real world.

Law of Attraction teachers have known the secret of mind power for hundreds of years. If you've made it this far into our Guide you may have already guessed what it is.

Your Mind Is A Transmitter!

We can even think of it as a sort of radio transmitter. It sends out messages in the form of vibrational frequencies. These messages are what attract people and events into our lives.

Here's some things to consider.

High Vibrational Thoughts Attract Positive Experiences.

Brainwave studies have shown that when we think certain types of thoughts our brainwave state changes. When we think about love, positivity, gratitude and so on, our minds respond with higher brainwave activity. This bit of science confirms what we've learned through experience with the Law of Attraction. That our thoughts really are things. When you practice thinking positively you actually transform the way your brain operates!

Low Vibrational Thoughts Attract Negative Experiences.

In the same way thinking positively attracts the messages our "mind as radio transmitter" sends out into the world, so does our negative thoughts. In fact some of the studies mentioned above show that just thinking negatively has the same effect in brainwave activity as actually EXPERIENCING an actual negative experience. The mind reacts in exactly the same way.

Sometimes Static Breaks Up Your Signal.

It's really hard to maintain focus in our over the top modern world. Being constantly bombarded with television, internet, music and marketing pitches can make it hard for our mind to do anything, but be in a sense of anxiety. This all contributes towards the difficulty in "broadcasting" positive messages from our mind-radios. Sadly, negative messages have a much easier time breaking through the white noise.

Don't Doubt That Sometimes We Also Receive Messages.

We've already touched on the power of intuition and feeling good in determining what decisions to make. This

is, again, our mind acting as something far beyond what science can now explain. Do we know where these messages come from for sure? No. But many different explanations are offered should you care to go looking for answers. For now focus on mastering the Law of Attraction.

The Mind is almost certain to offer more mysteries for us. Its greatest secret, though, for the purpose of our work here is plain to see once we are aware of it. The Mind sends, and to a lesser degree, receives messages from the universe. This is a quality we can use to our benefit, that we can harness as miracle manifesters. It can help turn our world into one of passion and bliss if we have the self-discipline to master it.

You're reading the mind's owner manual now. The secret is revealed. In the following chapters you will have a step by step plan broken down on how to become a reality creator. Will you seize the opportunity and make your dreams become real?

CHAPTER 7–MIRACLE MANIFESTING IN 3 STEPS

We've laid the groundwork, but now we've made it to the most important chapter of our Guide.

In fact, I suggest you copy this chapter and keep it on hand. Once you see how well our 3 steps to Miracle Manifesting method works, you are going to refer to it again and again. I guarantee it.

Don't confuse this with other Law of Attraction methods you may have read or will read. They'll just confuse the

process. Keep it simple, follow these steps and watch the universe reward your efforts!

Step 1. You Ask For Your Desire

Here's where being clear of what you want and don't want come in. Follow the guidelines you've already read to this point and get clear about what you desire. Once you have it worked out sit down and after some silence, clearly ask the universe for your desire. Phrase it simply and clearly. "I desire a million dollars" is a good example. Never ask for what you DON'T want. "I don't want to be sick anymore" is a statement that's poorly formulated. For whatever reason stating things in negative terms seem to produce the opposite of what's desired. So always ask for what you want in positive terms!

Step 2. You Listen For The Universe's Answer

After asking for your desire, sit in silence for five minutes or longer focusing on your breath. Try to keep your mind as free of thought as possible. As you approach the end of the five minutes start to notice if any thoughts or ideas come to mind. Are any emotions rising or falling? Some

manifesters even report hearing a voice giving a suggestion during this step. You may not, but be sure you hold onto any ideas that present themselves. If you experience a rush of bliss or warm feeling, you know the Law is being engaged quickly.

Step 3. Open Yourself Up To Possibility.

The Law of Attraction will come into your life and manifest your dreams in a way seemingly impossible. If you have roots open for it to work easily it will manifest quicker. If you keep an eye and ear open to new possibilities and opportunities they will show themselves.

Don't be the type of person who tries the Law of Attraction and then sits in his house staring at a television screen or playing video games and wonders why it didn't work. Change requires risk and new approaches. When you open yourself up to possibility after you send out for your desire through the Law of Attraction anything, and I mean anything, can and will happen.

Three simple steps fueled by knowledge, faith and the willingness to take action. This is all it takes to have the

Law of Attraction transform your life. Target your desires one by one and as they manifest, each one will bring you closer to living a life of complete abundance.

There's no dangers or drawback to using these three steps. They work for young and old, rich or poor, man or woman. The universe is as kind as it is just. Once you understand and follow it's rules.

CHAPTER 8 - THE CONSCIOUS CREATOR'S TOOL BOX

The three step process to manifest miracles is all we need to make the Law of Attraction work, but that's not the extent of our tool box. We already touched on the Vision Board, which I hope you've constructed by now. Let's look at a few more tools which can be great aids in bringing abundance into our lives. Consider these smart ways to compliment our efforts.

Keep A Reality Creation Journal.

Did you know nearly all successful people have kept journals? Leaders and winners are generally both readers and writers. Your journal can be something as simple as a notebook or it could be a more expensive book made specifically to record your thoughts. Either choice works just as well. I'd suggest skipping using online or digital choices. There's something that's much more magical and calming to the mind with using real pen and paper.

How do you get the most out of your journal? Writing down your thoughts and feelings every night and reviewing them the next evening before bed is an effective method. To add to this, review your week's entries on Sunday evening. This will help your mind and spirit, freeing up even more energy and clearing blockages for the Law of Attraction to work its magic.

Add A Photo A Day To Your Vision Board.

Up until now we've used the vision board and, hopefully, you've gained some confidence in its power. Now we can amp it up even further. Add one photo a day to your board that inspires joy.

The act of selecting a photo will help to brighten your mood. Seeing a new photo on your vision board everyday will help keep positive thoughts in mind. You may be noticing a big part of our expanded toolbox is getting the most out of things we have already experimented with and started to learn. This is a sure way towards becoming a master of nearly anything, including manifesting miracles.

Listen To Uplifting Music.

Now music taste is a personal thing and what I find uplifting you may think of as pure noise. That behind us, expand your music collection and mp3 player playlist to consist mostly of music that makes you smile and want to dance! This sense of bliss is a boundary breaker and will help everything else work so much better. You are the star of your movie. Make sure you have a fun soundtrack!

Expand Your Library.

Taking control of what you let into your mind is one of the most empowering choices you could ever make. Spending an hour a day reading books that push you towards success rather than away from it is one of the best ways to "program" your mind to work with you on the path to success. Other books about Law of Attraction related issues or the Law itself, books focused on strategies to become more wealthy, spiritual texts, heroic fiction. The choices are as unlimited as your imagination. And don't forget when you read a diverse range of positive work you give the universe opportunities to more easily place ideas and opportunities into your life. Build your library as you build your new life!

Now that your Conscious Creator's Toolbox is more full what do you plan on creating?

CHAPTER 9 - TROUBLE SHOOTING FOR MAXIMUM RESULTS!

You may experience a period of time where the Law of Attraction just doesn't seem to work for you. It could be at first while you are learning how to manifest miracles or it could occur later on after you've experienced some success. Creeping issues could become larger and act as blocks. No matter the cause or when it occurs these tips will help trouble shoot the problem, overcome them and get you back to manifesting for maximum results!

Over Ordering.

Once we see the power of the Law of Attraction it can be one of the most exciting moments in a person's life. A whole new light is shined on how the universe operates as we shift from a victim of circumstance to a master of circumstance. This can lead to a problem, the temptation to over order. Over ordering can slow down the manifestation of any of our desires.

This can be thought of as a sort of "clogging" of the mechanism of the Law of Attraction.

How do we trouble shoot this problem? Just slow down. Attack your desires one by one. As they begin to manifest, use the Law again to target your next desire. In the long run you will achieve all of your dreams and at a pace much quicker than if you over order in a rush towards instant transformation!

Visualization Problems.

Some people have a great problem visualizing their dreams. This can slow down the manifestation process. We've touched on things like the Vision Board that should help, but if things are still murky, a good idea is to dedicate some time to visualization practice. Look up exercises on a Google search and donate some time every day to working on expanding your ability. Spending a few minutes a day doing something as easy as drawing can also help. Don't worry if you're not an artist. The point is to help your creative skills, not create a masterpiece.

A Racing Mind.

Frantic energy can be disruptive. It's often confused by the mind as anxiety and stress. These things stand in the way of manifestation. Some people attempt to get this calm state through the use of chemicals. Don't fall for this trap. Instead, things like exercise, yoga and meditation all offer strong benefits. Even walking a dog or sitting at the beach. When you are calm more, you will manifest more. A mind without distraction is a powerful thing.

Limited Avenues ForManifestation.

The less room the Law has to manifest in your life the slower it will generally take to see your desires come to life. You may even be put into strange situations as the Law forces change into your life in any way it can make an appearance. Take chances. Try different things. Go new places. All these actions will clear this blockage and make the Law of Attraction more timely, dependable and less disruptive. Try it and see a HUGE difference.

Many people never have to worry about trouble shooting the Law of Attraction. Some of us do. Either way you are now prepared! Better safe than sorry, right?

CHAPTER 10 - CLEAR VISION, GOAL SETTING AND LIVING ON PURPOSE

Life without goals is like trying to sail across the ocean without a map, compass or any sort of other navigation. It's possible you may reach your destination, but you are VERY unlikely to arrive quickly or precisely. Worse, you may end up becoming so lost you end up in a place you would never, ever have dreamed of going.

The Law of Attraction doesn't replace this truth. If you are working on transforming your life as a miracle manifester it makes great sense to understand the science behind setting and achieving goals.

With a clear vision of where you are going, a sense of purpose and the Law of Attraction on your side miracles are bound to happen and happen fast.

Goal Setting Tips

1. Determine Your Long Term Goals.

Take a look at the big picture. Name three things you would like to accomplish in the next year or longer. Write them down along with side notes on why they are important, things to remember and other details related to each long term goal. Next, write down a date you are aiming for, for each long term goal. For added power you can even take a key from our practice with the Vision Board and glue a photo for each goal next to the detail you've written down.

2. Set Your Monthly Goals.

The next step is to set your monthly goals. These should be as realistic as possible and you can follow the same

outline used for long term goals. These can be reviewed and new monthly goals set on the 1st of every month, or whatever date you choose. Just be sure to keep the day consistent.

3. Every Day Set Daily Goals.

These need to be very specific. Do you plan on going to the gym, calling your grandparents and finishing an important work project? Write them down. I prefer setting the next days goals before I go to sleep at night. Others prefer to do this in the morning when they wake up. Your choice depends on personal preference more than anything else. Just do it.

4. Keep Your Goals SMART.

Now having the courage to dream big is what the Law of Attraction is all about. So keep your big dreams and goals. For your more pressing goals observe the SMART goal setting principle? SMART stands for:

- * **S is for Specific.** Be clear about what you are aiming for.
- * **M is for Measurable.** Without setting a measurable goal how will you know, for sure, if you achieve it?
- * **A is for Attainable.** Setting goals that can be reasonably accomplished will help keep you motivated.
- * **R is for Relevant.** If you don't care about your goals you have no chance of putting real energy into seeing them met. Keep your goals personally relevant.
- * **T is for Timely.** As we've touched on always attach a time stamp to your goals. This lets your mind and the Law of Attraction know when you need to achieve your goal by. Goals without times attached to them could be put off for decades or longer!

Goal setting is an area miracle manifesters master. Keep your vision clear and your focus precise.

CHAPTER 11 - LIFE IS A VERB. MIRACLES HAPPEN WHEN YOU TAKE ACTION.

Life is action. It can be best thought of as a verb. Something we do powerfully. Not something we "are" or merely experience. The art of living, of taking action, is the art of the Law of Attraction.

When we are willing to act, we open the door for miracles to manifest. It's one of the real secrets to getting the most out of the Law. If you can condition yourself to take action quickly and often the things that you can accomplish in a short amount of time skyrockets through the ceiling.

Stasis and inertia can be a horrible thing. If you allow

yourself to lose momentum. To sit too long watching television, waiting for change it can be very difficult to get back up. We need to BECOME change. Again life is a verb.

The first big action I'd suggest you take, because it will set the stage for the opportunities to act that come after it, is to **immediately apply what you learn in this Guide.**

This enlists the Law of Attraction onto your side. With the unseen forces of the universe plus a willingness to work in the visible world working together in harmony for you, prepare for life to get very interesting!

I'm often asked the question on how to decide what to do in uncertain times. In these cases, which occur often for most of us, taking sensible action is generally more beneficial than sitting back and doing nothing. When you lay back and expect change without taking action you can expect disappointment. So be brave and act.

Not all our actions need to be dramatic. When the Law of Attraction is manifesting our desires it often seems as if we are following a trail of bread crumbs like a character

in a children's tale. We do something and are led to a new experience. We take action again and brought somewhere else. This continues on and on. Finally we end up with our desire a reality. But if we didn't take these steps along the way we may have never reached our destination. Fortune, and the Law of Attraction, favors the bold!

The original texts that focused on the Law of Attraction all made a HUGE point of emphasizing how important it is for the person who hopes to use the Law to better themselves to act and act often. Even where some books differ in opinion or on specifics about the Law they never disagree on this important thing.

You can use the Law to attract opportunities that end up in miracles. It's an absolute fact. But you will have to act on these opportunities. It's this type of requirement that has kept most people, even those aware of the Law of Attraction, from living lives of abundance. Their fear of taking action acts as both handcuffs and a straightjacket.

It's your choice if you act on your opportunities. And your life will directly reflect on the choices you make. I suggest

you be brave, take action and watch the miracles occur all around you. Anything less is a shame.

CHAPTER 12 - GIVING BACK. THE RESPONSIBILITY OF A MIRACLE MANIFESTER

The best way to keep the positive energy flowing in your life and being sure the Law of Attraction continues to shower you with blessings is to practice gratitude.

Being grateful and giving back to the world keeps the energy of abundance flowing. You can think of it as completing a circuit. You receive your desires, your gratitude shares that energy and then it comes flowing back to you again. When you are grateful the entire world benefits.

Ways to Cultivate Gratitude

It's A Daily Thing.

Keep your awareness high and thank people throughout your day for even those little things in life that make you smile.

A sincere thanks to the person you buy your cup of coffee from in the morning or the bus driver if you take public transport to work or wherever else you can go a long way. Since other people's thoughts also have influence on reality, if even at an unconscious level, these positive thoughts in your direction can give you a boost in more ways than one.

Re-frame Experiences.

If you have a negative experience with a person, immediately challenge yourself to find something about them that you feel grateful about. This can be hard, but it is rewarding. It frees up energy wasted on anger and frustration and puts to good use. By focusing on the good people have to offer, despite their imperfections, we

recognize the divinity in all including ourselves.

Fast From Negative Talk For Ten Days.

Do you have what it takes to say "thank you" to the universe by not saying a negative word about anyone or anything for ten days? This is a difficult, but worthy way to express gratitude. Gossip is also barred. In the early 1900's this method was used by Law of Attraction teachers as an important part of their lessons. They credit it with creating millionaires.

Say Thank You By Volunteering.

Are you experiencing abundance due to your work with the Law of Attraction? Is there money in your bank account and food in your refrigerator? Are you now in a happy relationship? A great way to thank the universe is by giving back to it. Why not volunteer at the soup kitchen or the animal shelter? Or help coach a youth sports team? No matter your choice helping the less fortunate is the finest form of expressing gratitude.

Become A Teacher.

The ideas behind the Law of Attraction become easier and easier to understand as you implement them in your life.

Real miracles will start to happen again and again. How many people do you know that you care about who could also benefit from these teachings?

A good first step to this is saying "thank you" to them and introducing them to this Guide. After that why not also act as their mentor? You could be the person that helps them find a way to totally revolutionize every single area of their life. How is that for gratitude?

Give back to the universe. It will set the stage for your next step as a reality creator! Being brave enough to say thank you will repay you again and again.

Seize the day!

John.T