



THE  
**SECRET**  
EXPOSED

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# INTRODUCTION

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Have you ever wished you could map out an exact plan of action to help you pursue the life of your dreams? Most of us have a few fleeting moments of wishful thinking now and then, but we never really sit down and take a good, hard look at our lives – and the mindset that goes with it.

The Law of Attraction (LOA) is a concept that changes the way you live each day – from an aimless, happenstance manner to a purposeful, driven strategy that actually helps you achieve your goals and dreams.

Contrary to what many believe, the LOA isn't just an idea where you make a wish and hope the universe fulfills it. It has far more to do with *you* and *your* actions than it does the universe.

## Figure Out What You Shouldn't Be Focusing On

You've heard of karma, right? Karma is the belief that you basically get what you give. If you live life in a mean way, others will be mean back to you. If you live a kind life, you'll receive kindness in return.

In some small ways, the law of attraction is similar to karma in that you make things happen with your thoughts and actions. It's not a coincidence. It's not luck or chance.

It's a boomerang in the universe where you make your reality come true. So what do you want that reality to be? Let's start with what you *don't* want – because it's human nature to focus on the negative and ironically, this is something you're going to have to STOP doing after this one last time.

It's important for you to think about it this last time because you need to see how your negative thoughts have triggered an unfulfilled life to this point. It's why your goals and dreams aren't happening for you.


Think about a typical day for you and how many negative thoughts go through your head. If you have to, keep track of it for a week – jot down every feeling you have.

Some people are shocked to discover how grumpy they really are from the moment they wake up. They're mad at the alarm, at the traffic, at their coworkers, at their workload, at everything.



Maybe that anger for someone else is sadness for you.

Perhaps you wake up each day feeling distraught and worthless, like nothing will ever go right for you in life.



Get very specific in how your thoughts are created. Do you dwell on the past and the various ways you've been wronged in life? Do you constantly point fingers and place blame on others?

If you need to take a day and do nothing but focus on it and get it all out of your system, do it. But then be done with it once and for all. Let's move forward free and clear of those issues and start creating the life you DO want.

You can't map out a life by using wording like, "I hope I don't get turned down for a raise." That's not living life free of what you don't want – that's focusing on what bad things could happen to you, so chances are, it probably will.

Why is that a self-fulfilling prophecy? Because when you have such extreme doubts about the outcome, you go into things exhibiting a lack of confidence. You walk into the office of your boss hesitant and not assertive. Your actions and mannerisms might result in him actually declining to give you that raise.

Instead, a law of attraction advocate would go to work that day as if their raise has already been awarded to them. Their confidence would be oozing from their demeanor and this radiates over to those who encounter you, helping nudge your boss into agreeing with you – that the raise you seek *should* be awarded to you!

It's not about faking it, either. It's something you have to practice and begin believing. You DO deserve that raise. Why do you deserve it? Pump yourself up and go in there with a can do attitude.

## Live Life With A Positive Mindset

Whatever you're feeling is going to influence how your day turns out. Feelings are not thoughts. They're emotions. But they have a direct influence on your thoughts because when you feel sad, you start to think in a depressing manner.

Your actions also reflect a sadness – and those results determine how your interaction with others ends up each day. You have to learn how to stay tuned into your feelings so that you can manipulate them into something positive.

This, in turn will create positive thoughts for you and positive actions that help you get the life you want. Whenever you start to feel something negative, like anxiety for example, focus on feeling calm instead.

Choose the opposite emotion. You might not recognize what you're feeling until it's already turned into an actual thought. For example, you might feel anxious and realize it once you start thinking about how worried you are about not being able to pay your bills. You start feeling and thinking about how hopeless it all is.

So when this happens, stop yourself and realize the reality of the situation – this is just what's currently happening, and it does not define your life as a whole. Your future can be abundant in wealth and happiness.



Some people wonder how it's possible to just turn your emotions. Every person is different. Some are able to say, "You know what? So I stubbed my toe and it made me angry. I am now happy and will let that go so that I have a better day."

Others have to get past it in a different way, such as implementing a form of relaxation therapy – meditation, yoga, or self hypnosis for example. You have to find what works for you.

Commit yourself to feeling the way you want to feel. If you say you're going to be happy or relaxed, then you can be. Instantly. If you're hanging onto the opposite feeling of anxiety or anger, then that's happening because you're not ready to let go.

This is all under your control – no one else's.

When it comes to using the law of attraction to “get things,” like a new home, for example, you need to wake up each day living life as if you already have that new home.

Instead of waking up and looking around the room, dwelling on how much you can't stand the texture of the walls or how cramped it is, get out of bed each morning with a smile, and be happy as if that larger, perfect home is already yours.



This type of positive mindset will get you one step closer to achieving that goal. It's what will drive you each day whenever you work hard to afford the new mortgage on that bigger, better house that you're going to manifest.

Sometimes you have to employ the use of positive affirmations. These are phrases or sentences that foster an encouraging and upbeat mindset to help you start your day, end your day or get through your day without being sidetracked by obstacles that hinder your progress.

You don't want to use the word “will” when writing your positive affirmations down. Don't say, “I will have a new career.” Instead, use a phrase like this, “I am career-drive and pursuing the job of my dreams.”

That simple sentence makes a firm statement about what IS happening, not what might or someday happen. It affirms that today, you will be taking action to get a better career. It will make you take action.

## Living The Life That You Want

Living the life that you want requires you to live the experience as it's happening. You're not *planning* for a new car, you're getting one. Now. You're shopping, researching, saving, and making arrangements to buy one.

So you don't use language like, "I plan to get a new car within a year." While it might be a step up from using negative language, it's still a hindrance. It delays your actions.

Instead, say, "I am getting a new car!" That simple wording allows you to start taking the steps right now toward that goal. Visualize it down to the color, the materials on the seats – and hear the roar of the engine.

When you think of your new car, smell that new car smell and go test drive the one you want to get a feel for it as you make it a reality for your life. Leave the negative disclaimers off of your thought process.

Don't say, "I am getting a new car...as soon as I can afford it." Forget that part! You ARE working on it as we speak. You're making plans, shopping for the right interest rate, looking at dealerships, picking out add-on packages, and so on.

Don't be afraid to put it out there to the universe – to everyone you know. It's not for accountability purposes, but so that you can make it a firm part of your everyday environment.

One way this helps you is to make you aware of opportunities.

Part of why the law of attraction works so well for some people is because they're tuned into their dreams and goals so whenever an opportunity presents itself, they don't automatically dismiss it – they recognize it and evaluate how it can help them toward their goal.

You have to go over your entire life and plan for what you want the LOA to help you get. Do it as detailed as possible. Map it out in every aspect – your job, your finances, your relationships, your health, and so on.

You can't ask for something to be given to you if you haven't even thought about what you want. And knowing it in details – down to exact numbers, sizes, colors, and more – helps you find a way to get it instead of waving it off like a faraway dream.



## Taking Action Steps To Implement Your Better Life

Feelings and thoughts are nothing without action. If you want the law of attraction to work for you, you have to act in a way that makes the things you want to happen, happen!

So let's look at a few examples in some common areas where the law of attraction is applied.

Using the LOA to get a more satisfying career requires you to first stop the negative feelings and thoughts about your current job situation. When your focus is on that, it can't be on the career that you DO want.

Next, start using positive affirmations that beef up your qualifications and enthusiasm for the job you will have. Start waking up each day thinking, "I am getting a new job!" and take action steps to make that happen.

That might be enrolling in training or classes, submitting your resume, or coming up with innovative ways to get human resources to take an interest in you. When you're taking action, you'll be one step closer to making it a reality.

Using the LOA to get something tangible is slightly different. You may not have negative thoughts, unless you're focusing on something you own that isn't as good as the upgrade you're seeking. (For example, being frustrated with an old computer 24/7 instead of concentrating on the new one you're getting).

Start getting excited about your new purchase and make as many plans as you can at this time. Visit stores, look for deals, count the cash you're saving up for it. Learn as much as you can to savor the experience of getting this tangible luxury in your life.

Using the LOA to find true love works, too! Stop living in the past with past romances gone wrong. That's over and done with – time to move forward with a full focus on the love of your life you're currently getting.

Use positive affirmations to help where you're lacking. Perhaps you lack self confidence. Positive affirmations such as, "I am a kind and loving person" can help replace those worthless thoughts.

Take action steps to help the universe deliver on your dreams. Put yourself out there unafraid – without doubts. Know that the more exposure you give yourself to the dating world, the more you increase your chances of success.

Using the LOA to gain wealth works when you stop harping on how broke you are and start focusing on every bit of wealth that you're building. Action steps might include leveling up in your job, whittling down your debt and living frugally for awhile, or selling off needless items to contribute to your wealth building strategy.

Using the LOA to lose weight is what some people do. They start by letting go of past weight loss failures. You can't go into this expecting to quit. Use positive affirmations that celebrate your weight loss journey and implement action steps that help you shed pounds.

For example, say things like, "I am a healthy eater," and then shop for foods that reflect that new reality. Don't get downtrodden about slow weight loss or plateaus – focus on the positive progress that you're showing.

Using the law of attraction is something that works in almost any situation. It's good for men and women, adults and children. This is a process where you change your way of thinking to change the outcome of your life, and it takes practice, but once you learn how to do it, anything can be yours!

Smith Hamilton