

Attracting Health and Wealth to your Life!



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Regards,

Daniel Wahlstrom

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Introduction

Your health and wealth improve by a proper blend of spiritual and material principles. What are these principles and how can you implement them in your life? Over the following pages we try to understand this.

Before you start reading however I recommend that you grab a pen and a piece of paper. As you read through this book write down key points. This will enable the concepts discussed to sink in quicker, and you can also review your notes when you are finished reading, and in the future.

The *Law of Attraction* – What Is It Really?

Let us begin by understanding what the Law of Attraction really is all about.

It is somewhat amazing to see how much talk there is about the *Law of Attraction* and how few people actually know about what it is. The *Law of Attraction* is not a spell that you use which instantly materializes your wants. It is not that you chant ‘like begets like’ a thousand times a day and see things happening the way you want. If the *Law of Attraction* were so simple, we would have already witnessed the world as a much better place by now.

There are various explanations of the *Law of Attraction*. The most common definition you will find is as follows: “*If you strongly believe that something should happen, it will certainly happen.*”

A sentence couldn’t be any simpler, but you will immediately realize that this raises more questions than it answers. The question of desires is the most important. Is it only what we desire *and* think about strongly that will happen? Or will things that we don’t desire also happen if we somehow think strongly about them? Then there is also the question of internal conflict of thoughts. At times, there could be situations where we think equally in both ways. For example, we may think that a job could be ours or not. So how do we apply the *Law of Attraction* in such a case? Or what do we do when we are thinking strongly about something and someone else is thinking

strongly about the exact opposite thing? What will happen in that case?!

To be able to reply to all these questions, it is important to first understand what the *Law of Attraction* really means.

Notwithstanding the various ways in which the *Law of Attraction* has been defined, we can break things down in the following four elements:-

- We must know *exactly* what we want.
- We must begin a thought process for it, and begin vociferously asking the universe to make it happen.
- We must then visualize a situation wherein we already have what we are craving for, and we must live in that reality!
- At the same time, we must not attach ourselves to what *might* happen. We must only think about *having* it. There is no room for apprehension.

Over the following pages, we are going to delve deeper into the various aspects of the *Law of Attraction* and see how we can apply it in one of the most important areas of our lives – attracting money. Can one really become rich by just thinking vividly about it? We need to understand the law better and learn how to implement it in order understand the answers.

Understanding The Secret

You must have heard about the bestseller The Secret by Rhonda Byrne. Here's a deeper look at it and how it can be used to improve our lives.

This is the Secret: *thoughts create things.*

This Secret however is not a new concept. The same principals can be found throughout history – these principles have withstood the test of time:

“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” – The Buddha, approximately 2,500 years ago.

“Our image of the self becomes our destiny. The losing man is one with losing. The winning man is one with winning” – Lao Tzu, over 5,000 years ago.

What things make up your life? Are they things you love or things you'd rather change? Do you often feel that you'd be happy “if only?” “If only” you had that job, “if only” you had that amount of money, “if only” you had that perfect body. Or perhaps “someday” wonderful things are coming your way, but they haven't happened yet.

Once you master the Secret you will never make the mistake of feeling that way again.

That's right! It's a mistake!

Your thoughts have been creating the life you've had so far! And thoughts can be changed!

Thoughts of success, abundance, happiness, beauty, strength, and health energize us. We begin to resonate with these things. We take positive, fruitful action which feels effortless. We attract people who are willing to open up doors, people who can teach us what we need to know, people with the resources we need.

This is called the *Law of Attraction*. The Secret is nothing less than the science of how thought interacts with quantum physics to create our experiences. You don't even have to understand it. You just have to do it.

I want you to try it out now. Start small. Start with something that you won't talk yourself out of, something you believe will be relatively simple to attain. Do you want a great relationship with your boss? Sit down. Relax. Clear your mind. I want you to picture what that looks like. Picture it in its every intimate detail. What does it feel like? Let those feelings sink in. Be thankful right now that you have such a great relationship with your boss.

Now claim it! Begin acting as if you are already in a great relationship with your boss, have always been, and always will be. Pretend if you have to. Smile. Speak with the confidence of someone who has a great relationship with his boss.

Watch what happens and prepare to be amazed!

Pivoting Your Thought Process

So how do you go about developing this kind of thought process, where you are at the center of the universe and everything else exists in your frame of reference?

In order to create the subjective thought process that the *Law of Attraction* demands of you, it is very important that you create the right frame of reference. You have to be like the person seeing everything in a dream. Your perceived reality is actually the things that are happening in your frame of reference, which is just another name for your consciousness. But, you need to put a finger on this consciousness. You need to anchor it. This aspect – anchoring your conscious mind – is known as pivoting your thought process.

When you begin pivoting your thought process, the primary requirement is to have a fixed point from where you can begin. Usually, this fixed point is your resolve, your intention, your motive, your purpose, your deep desire. For example, if you really need to start a business, your resolution to do that is your pivot. The stronger you resolve to achieve that, the more profound your pivot will be. That is why people who have stronger resolutions are able to achieve more than people who don't have a very strong mindset.

If you consider your deep desire as your pivot and see everything from that perspective, everything begins falling into place. You feel as though everything that's happening is happening as a means of

bringing you closer to your desire. In the above instance, if your desire to start a business is your pivot, then you feel as though everything happening in your life is taking you one step closer toward realizing your dreams. This includes the positives as well as negatives. If you suddenly meet someone, you feel that somehow that will be connected with your new business, which isn't yet started but you have no apprehensions in your mind about it. You also feel that getting fired from your desk job was something that will take you closer to having your own business.

People who believe in the *Law of Attraction* staunchly build such pivots in their minds. From then on, their entire life is focused on this pivot. This is what drives them and motivates them, allowing them to attain their goals.

Balancing the Inner Self and the Outer Self

If you really follow the Law of Attraction, you have to work at striking the right balance between your inner and outer selves.

One of the most significant applications of the *Law of Attraction* is to balance our inner and outer selves. Our inner self is our consciousness. It is the way we think and behave. This is where the *Law of Attraction* begins to take effect. The *Law of Attraction* starts manifesting itself when we think and that begins in our inner self. Our outer self is characterized by our action. The way we act and implement our thought processes is how our outer self functions.

If we have to make the best utilization of the *Law of Attraction* into our life, then it is essential that we learn how to create the balance between our inner and outer selves. It is vital that we put into action what we think. What begins as a thought manifestation must get converted into action.

If you were to just think about getting a new house and take no action, it will not happen. Yes, if your thoughts are strong, if your belief is strong, the universe will begin aligning itself toward making things happen. But now, it is you who has to act. If you don't even lift a finger things aren't going to happen. Now, you have to put your outer self into action. This is when the positive energies that have been created start taking shape and things begin happening.

The problem with most of us is that we use our inner self to think and believe. We say so often that we want to do a particular thing but only a few of us actually put our outer selves into action mode.

The *Law of Attraction* will make things happen. But it will restrict itself to aligning things in a particular way. The rest is your call. It will make you confident about doing certain things, and that is what will influence the people around you and things will happen positively for you, but for that to happen you have to take the initiative and act.

The Secret and Your Money

The world heavily relies on money so it cannot fail to be part of a discussion as important as how to apply The Secret in our life. Here we take a cynical look at money and see where it fits in within this realm.

The Secret can bring you money, but it is not about money. It is certainly not about empty, proud, cold, wealth that stems out of the greed mindset. This is about fulfilling your purpose, which is expressed in your deepest, most treasured dreams. Your deepest dreams are your purpose here on earth.

Your passion may be to parent your child. Your passion may be to be the best friend you can possibly be. Your passion may be to give to charity.

None of these things can happen without money.

Money starts companies. Money builds bridges and roads. Money brings the security and freedom a parent needs to focus on parenting. Money brings the resources for philanthropy.

If you fall into the trap of believing that money is evil, then you will never attain it. Do we really want our beliefs to ensure that only pimps, drug dealers, war mongers, and cheats enjoy abundance while the good people of the world struggle? Of course not!

Yet if money is all that you focus on, money will always elude you. For one thing, we tend to store a lot of mental garbage when it comes to money. We tend to have a lot of fears about money. Fear is always counterproductive.

Bypass money entirely. It's not important here. It's necessary, but it's not all that important to you.

Joseph Campbell said; "if you follow your bliss, the money will follow". Get settled with the idea that you need money to achieve your dreams and that there is nothing wrong with that. Then ignore it. Turn your attention to your bliss. That is where the Secret will begin to work for you. That is where your emotions will supercharge your thoughts into the change you need.

Wealth Manifestation through the *Law of Attraction*

The five steps you need in order to manifest wealth applying the Law.

Here are the five things you need to do in order to manifest the wealth that you are expecting through the *Law of Attraction*.

Believe!

The first step is to ingrain the thought of wealth in your subconscious. Write down the exact amount you want and the time frame you expect to get it in. Make sure that you pick targets you think are achievable. You must truly believe your desires are attainable in order for them to materialize. There is no room for doubt. Keep this paper next to your bed. Read it twice a day – when you wake up and before you go to sleep. Pin it up on the door of your toilet if you have to. Following this repetition your desires will sink in deeper and this will strengthen your resolve.

Visualize!

It is very important to actually visualize the wealth. You must think that the cash is already in your bank account. Begin planning what to do with the money. You don't have it already, but that's not the point. The *Law of Attraction* tells that you have to be strong in your belief, and visualization is the best way to do that.

Be Grateful!

Taking your belief one step forward, you must actually start thanking the universe for granting the wealth to you. Well, it has not already granted you the wealth, but you have no doubts at all about that happening! You are darned sure that you will get the wealth and so being grateful is the next logical step.

Listen to Your Heart!

Your heart will tell you a lot of things at this point. It will tell you to do particular things. Do not stifle any of these “voices”. Listen to them intently. Act upon them. You have to make sure that you listen to every voice because any of them could be the one voice that opens the doors of opportunity to you.

Continue Your Actions!

Never give up, never relent. Remember that stopping is a sign of weakness. You do not want the universe to understand that your belief is faltering. You want it to know that you will keep up no matter what. Your belief in yourself is unwavering. Sooner or later, your supreme confidence is going to bring the wealth to your door.

Applications to Internet Marketing

*Find out what the most important components to consider are in applying *The Secret* to your business.*

The reason I'm using Internet Marketing as an example is that it is very easy to get involved in. You do not need large amounts of capital to get started (sometimes you don't need any at all), and the ROI (return on investment) can be spectacular. All you need is the right frame of mind!

When you set out to make money on the Internet, you are going to play in a very equalized pool. Everybody gets the same chance. Everybody gets the same Google, the same Facebook, and the same Squidoo. Any two people can find the same forums and the same article directories. At any given time there are hundreds of thousands of people from all over the world that can make you a success: potential customers, mentors, and business partners. It is all there. You just have to find it or use it correctly.

Yet 99% of all internet businesses fail. In spite of having little or no start up costs, in spite of having little or no overhead, the businesses do not turn out the sorts of results that people had hoped for, and so they give up. They go on to something else. They decide it doesn't work. They go out skeptical and are certain of only one thing: that

only scammers and the very lucky make money from home on the internet.

Yet there are hundreds of thousands of people who are making money on the internet, making good money. They follow high ethical standards. They provide real products of real value. They live the kinds of lives they want to live.

This is why the Secret applies to internet marketing so strongly. If you believe in yourself and what you are doing, you won't throw in the towel when traffic to your site isn't what you'd envisioned. You'll figure out how to make it better. You won't balk at the sudden writer's block you get when trying to make a solid forum post to help get your name out there—you'll learn ways to beat the block. You won't make a slipshod effort that looks slipshod and feels slipshod and produces few, if any, results. You'll learn what works and you'll apply what works. You'll do what you love and love what you're doing because that is what you set out to do, and through the Secret you understand that every resource you need to make it happen is in the Universe generally and there on the internet with you in particular. You'll constantly be thinking hey, I'm as capable as the next guy, if he could pick up the skills so can I. You'll pick up the skills and you'll keep right on going.

There is a time delay between each component of the Secret: your thoughts and decisions, then your actions, and then the result of your actions. You might not wake up today with thousands of site visitors.

Your efforts today might not produce *immediate* results. However, acting like you already have what you desire gives you the strength and power you need to keep taking the actions that will get you there. Acting like what you want is always in the future will make your actions inefficient, you will not get much done and will not be as focused on your goal.

Mindset and Management

Personal development is extremely crucial to Internet marketing. If you want to build your business, believe in your business!

Are you feeling overwhelmed? Are you staring at a long list of tasks and new terminology, from SEO to social bookmarking? Is some nagging voice in the back of your head trying to tell you, as you stare at the World Wide Web, that this is not the way your friends or family make money, so how true could it be?

Well, you're right about part of it, this isn't your family's way. This is your way! And it's going to be fantastic!

Every journey, it is said, begins at the first step. Your first step is to work on you. Before you buy hosting, before you load up your web page, before you build your list, you have to know how to get your head in the game and how to keep it there. You're taking a leap of faith into a vast, wild territory that changes every single day. You're one drop in a shifting sea. In order to stand out, you need confidence. You need personal development.

You need to apply The Secret.

As we know by now: everything begins with a thought. Thoughts lead to actions, which leads to the results of those actions made manifest in your life.

The Wright brothers had a thought about a flying machine. They took the action of sitting down to design their machine and then going out to test it. Just two minds manifested the ability for you to go to an airport and be anywhere in the whole world in a matter of hours! And they did all this at a time when no one thought it possible.

And you thought you were sailing uncharted waters!

Thoughts like, “I can’t do this,” “this won’t work,” “well, I’ll give it a shot, but if it doesn’t work out I guess I’ve got my day job to fall back on,” lead only to two kinds of actions. Inaction or inefficient action.

Either you talk yourself out of starting, or you spin your wheels reading email after email and surfing website after website without ever really getting your feet wet. As a result, your life fails to manifest a working internet business that gives you the freedom you really want.

Compare this to positive, super charged thoughts like: “Nothing’s going to stop me. I have every tool I need. Other people have done this and so can I. I’m totally committed. I won’t hold back. I’ve got a plan.”

Thoughts like this lead to you taking appropriate action. You create that product. You build that list. You stop fretting over the technicalities and the “can’t do” and get creative about the “can do.” You start outsourcing anything you can’t deal with on your own. You keep learning. You polish up your management skills and you keep your mind in the right place—and little by little, your small efforts turn into something much bigger: the manifestation of a new life.

The Secret and Your Health

*We now speak about a very practical aspect of human life – how
The Secret helps us to enjoy good health and, thus, a long life.*

If your body is raging in pain right now, it may be harder, initially, for you to try to figure out how to apply the Secret to your own Healing. Even committing it to prayer, instead of visualization and mental exercises, might seem insurmountable. But do not fear. You will have success here too. Write it down. Know it for fact. Remember what you were like before your health declined and fixate on it.

Sometimes, we have ill health because we believe we should. We've hit a certain age, and our parents developed a health issue at that age, so we develop a health issue at that age.

Sometimes, we have ill health because we've been taking actions which affect ourselves badly. Whether you are conscious of it or not, eating an entire box of chocolates reflects some sort of belief about yourself which manifests itself in your waistline and messes up your blood sugar levels. Ignoring an injured leg and exposing it to further stress reveals some other belief about yourself.

Sometimes, we have ill health because there is some unacknowledged anger, resentment, grief, or thought in our mind which we won't let out any other way.

It is time to let it all go. Time to release it. Use the Secret to make a declaration of independence from these issues today. Speak life over your body. Declare yourself healed.

Pay attention to your body when your body feels at its best. Pay attention to that which makes your body feel good.

Focus on the actions that will help your body. With a new, renewed focus, eat foods which energize you and nurture you. If you decide that exercise is what you need then take actions to make that happen. Sometimes however the action you need is inaction – perhaps you need to rest more, or put your body through less strain. Listen to your body to see which course of action is best for you. Let go of the issues inside of you which are expressing themselves as aches and pains. They do not have any power over you anymore.

You have discovered the Secret, and you have a new and better way. Take a deep breath and tell the Universe, and tell yourself: that you are healed!

Dealing with Failure

At some stage along the way you will encounter failure. Let us explore why failure is actually a crucial step towards success.

When most people think of failure their heart skips a beat. Failure is seen as something to be avoided at all costs. However failure is actually our best mentor in disguise. Consider the following quote:

“If I find 10,000 ways something won’t work, I haven’t failed. I am not discouraged, because every wrong attempt discarded is another step forward.” – Thomas A. Edison (1847 – 1931).

Look at all the great inventions Edison has left behind for us, he knew he would meet “failure” time and time again, however he also knew that if he kept persisting, the rewards would be more than worth it.

As children we were not afraid of failure, we learnt how to walk, how to talk, that fire is dangerous and so on. Only as adults we develop an aversion to “failure”. You must change this state of mind if you want to be truly successful!

Whenever you face failure consider the following points:

- 1) Do I need to strengthen my resolve further in order to succeed?
- 2) Am I not taking the correct actions or enough actions – do I need to change my strategy?

3) Am I sure that this is the right time? Is there a different course I can channel my energy into and reap greater rewards?

When you meet “failure” I want you to review the goals that you wrote down earlier again. Strengthen your desires and this will get you through difficult times.

Improving Your Future

Successful people are always people with foresight. It is imperative for us to understand this and improve our lives not just for today, but also for the future. Let us analyze The Secret's approach to this.

Imagine a world where every person was using the Secret to follow their bliss – a world where every person was fulfilling their purpose, reaching out to help others, and allowing the will of God to flow through them to create miracles.

Chances are it would look a lot like heaven. Every person safe. Every person having everything they need.

You might want a large house on the beach. Another person might feel happier with a small, quiet, rural cottage. There is no need to fear competition, no need to imagine that you must profit at anyone else's expense. You must attract the situations that will allow you to profit at everyone's benefit.

Does the world have to be a dark place, full of wars, abuse, and pain?! Are we somehow special, able to ignore all this by focusing on the positive?

No – but until others are ready to move forward it is our responsibility to make our thoughts create positive change. It is our

responsibility to take action and be receptive to the ideas that are going to make the world grow.

Bless others! Show gratitude for all of the ways the world has moved forward. Once people believed slavery was perfectly normal. Now, even though there are people who practice slavery illicitly, we all generally understand it to be wrong. Even those who engage in slavery understand that it is wrong. These ideas began with the thoughts of those who believed the world could be a better place.

We all have the ability to move forward in this fashion. We must not fear the way the world is today. We cannot sit back and hope for some bright future that never quite arrives. We must work together to create heaven on earth now. We have all the tools we need.

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I thank you for reading and wish you all the best!

Daniel Wahlstrom