



# Chapters 1 & 2

## **Thoughts Attract LOA (Law of Attraction)**

*Thoughts are magnetic, and thoughts have a frequency. As you think, those thoughts are sent out into the Universe, and they magnetically attract all like things that are on the same frequency. Everything sent out returns to the source. And that source is YOU.*

*Think of it this way; we understand that a television station's transmission tower broadcasts via a frequency, which is transformed into pictures on your television. Most of us don't really understand how it works, but we know that each channel has a frequency, and when we tune into that frequency we see the pictures on our television. We choose the frequency by selecting the channel, and we then receive the pictures broadcasted on that channel. If we want to see different pictures on our television, we change the channel and tune into a new frequency.*

*You are a human transmission tower, and you are more powerful than any television tower created on earth. You are the most powerful transmission tower in the Universe. Your transmission creates your life and it creates the world. The frequency you transmit reaches beyond countries, beyond the world,. It reverberates throughout the entire Universe. And you are transmitting that frequency with your thoughts!*

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***The law of attraction is a law of nature. It is impersonal and it does not see good things or bad things. It is receiving your thoughts and reflecting back to you those thoughts as your life experiences. The law of attraction simply gives you whatever it is you are thinking about.***

--The Secret (p. 13)

**When you focus your thoughts on something you want, and you hold that focus, you are in that moment summoning what you want with the mightiest power in the Universe. The law of attraction doesn't compute "don't" or "not" or "no," or any other words of negation. As you speak words of negation, this is what the law of attraction is receiving:**

How many of you have experienced the thought - and the consequence that followed?  
(I have! ;))

"I don't want to spill something on this outfit."

*"I want to spill something on this outfit and I want to spill more things."*

"I don't want to be delayed."

*"I want delays."*

***The Law of Attraction is giving you what you think about --- period.  
So be careful about what thoughts you are sending out.***

*Your life is in your hands. No matter where you are now, no matter what has happened in your life, you can begin to consciously choose your thoughts, and you can change your life. There is no such thing as a hopeless situation. Every single circumstance of your life can change. (p. 19)*

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## **Monday: Law of Attraction Exercise**

Say hello



When you are out walking or shopping today, I want you to say hello to people. I don't mean to say hello to EVERYONE you meet, that would be weird and unnatural. But if you are walking toward someone and make eye-contact for a moment, be the first person to say hello/good morning/good afternoon/ with a smile. Even if you get no response, you have at least emitted high frequency vibrations that others will pick up on.

You may not feel like saying anything when they look at you, but force yourself to communicate, if only for a second. And don't get angry with those people who don't respond or ignore you. That is their problem...this is not about them. Those who reply with a cheery hello make you feel good, and that's what it's all about!