

## Day 12: The Law Of Attraction

### Quote today

*"We're all working with one power, one law. It's Attraction."*  
Bob Proctor

---

### Recap of the Law

All of your thoughts, feelings, words and actions produce energy, which in turn attracts like energies and things into your life. You attract into your life those things, circumstances, and conditions that correspond with the nature of your dominant habitual vibration, contributed to by your thoughts, expectations and beliefs, both conscious and subconscious. Remember: Everything vibrates. It really is important to realize that the shift must be with your energetic vibration; changing your thoughts alone is not enough.

---

### Today I am grateful for....

Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

---

### Meditate (at least 15 min.)

Feel free to meditate on this law or choose a meditation of your choice.

---

### Exercise

As you exercise state this affirmation: "I am in the process of becoming truly healthy and enjoying every minute of my exercise."

---

### Hydrate

Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

---

### Your Life Insight

Find an attractive box that you like. Gather pictures from magazines or items that express your current desire, something you want to attract to you. You can also include written descriptions of your desire. Then on the outside of the box, write: "Whatever is contained in this box IS".

---

### Your Mindful Practice

Take a moment, breathe and just be in the present. Practice some affirmations. "I choose to create this or something better." "I am in the process of becoming...." You fill in the blank. Repeat these affirmations daily to create a new belief of what you want to attract.

## Day 10: The Law Of Attraction, Continued

**Your Success Strategy** Stay positive. Your mindset controls your happiness so take care to control your mindset. Feeling low? Smile. Simple changes in your body language can improve how you're feeling as well as spread good vibes around you. Create a pleasing personality that attracts others to you.

---

**Your reading meditation** This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

*To understand the Law of Attraction correctly, you must remember the Law of Vibration (Day 2). The two go hand in hand. There is no separation of the two. When you apply one, you also apply the other. Remember your thoughts are vibrations; waves of energy that penetrate all time and space. When you think of something, and vibrate with it, you are creating a frequency. That frequency goes out into the universe and reaches an item that also vibrates at that same frequency. When this happens, the two are in harmony. The electromagnetic waves that your brain creates from your thoughts vibrate to the exact energy level as the thing or item in the universe for which you have asked (either consciously or unconsciously). By concentrating on these specific, focused thought patterns, you increase the energy level of those thoughts and so the thoughts become more potent. Your thoughts transform the invisible to the visible.*

*In accordance with this Law, you attract into your life those things, circumstances and conditions that correspond with the nature of your dominant, habitual thoughts, expectations and beliefs, both conscious and subconscious. Your habitual thoughts, beliefs and your dominant mental attitude determine your dominant frequency. When you consistently maintain a positive mental attitude, you attract positive experiences and circumstances while a predominantly negative mental attitude attracts those conditions deemed negative or unwanted.*

*You cannot attract that which you do not radiate. What you focus on will be attracted to you. Feel yourself vibrating in the positive energy of love, acceptance, and more joy in living and watch how you attract it to you in a myriad of ways.*

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.

---