

## Day 13: The Law Of Increase

Quote today

"Giving opens the way for receiving."

Florence Scovel Shinn

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**Recap of the Law**

Whenever you utilize the Law of Increase, you raise your consciousness toward a higher realm. Giving praise or being grateful is one of the most powerful ways to speed up the delivery of the things you want to manifest. I like to think of praise and gratitude as faith in action.

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**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.

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**Meditate (at least 15 min.)**

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

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**Exercise**

See yourself having already achieved your goal as you exercise, and praise yourself for it.

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**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.

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**Your Life Insight**

Leave everyone you meet with an impression of increase. The easiest way to do this all day with everyone you come in contact with is to smile.

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**Your Mindful Practice**

Take a moment, breathe and just be in the present. During your meditation and right now, remember to praise yourself and feel the connection you have with your creator.

## Day 13: The Law Of Increase, Continued

**Your Success Strategy** Replace negative words (can't, won't, shouldn't, have to) with positive ones (can, will, shall, choose to). Work on having a positive mental attitude and watch how your business improves. Also practice self-audits (evaluations) and see how you can improve different aspects of your business. Remember to praise yourself for all the improvements you make.

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**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.

*Whenever you utilize the Law of Increase, you raise your consciousness toward a higher realm. Then, you become a channel that receives the good that awaits you.*

*Giving praise to God, the Universal Intelligence, is one of the most powerful ways to speed up the delivery of the things you want to manifest, and that's why the Law of Increase and praise are linked. Praise is a powerful activator that opens the door to divine energy. Praise can increase your faith and accelerate your prayers to attract what you desire.*

*Praise is also considered by many to be the fastest means to acquire your requests. It changes your outlook in life and shifts your vibratory level. When you are focused on the Law of Increase, you are on the lookout for accomplishments that you can applaud in others. This enriches both the giver and the receiver and leaves the receiver with a feeling of having more than they began with.*

*Praise can bring happiness all around you. Even the cells in your body and the cells of plants respond to praise. Remember energetically we are all one. Practice the vibration of praise and leave everyone around you with the feeling of having and being “more”.*

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.

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