

The Power Of Your Mind

# - You Can Have Your Dream



Andrew J. Spencer

# Table Of Contents

1	Legal Disclaimers
2	Introduction
3	What is the Law of Attraction?
4	The History of the Law of Attraction
5	What is the Premise of the Law of Attraction?
6	Positive Vibes
7	Negative Vibes
8	What Do Vibes Have to With the Law of Attraction?
9	How Can I Use the Law of Attraction?
10	What Can the Law of Attraction Do for You?
11	Work
12	Love and Family
13	When Doesn't the Law of Attraction Work?
14	Common Mistakes
15	Five Common Mistakes
16	Arguments Against the Law of Attraction
17	Science
18	Religion
19	How Does the Law of Attraction Compare with Other Subliminal Programs on the Market?
20	Various Other Subliminal Programs
21	In Conclusion

# Let Your Thoughts Determine Your Destiny, The Universal Law of Attraction

## Legal Disclaimers

This ebook is presented to you for informational purposes only and is not a substitution for any professional advice. The contents herein are based on the views and opinions of the author and all associated contributors.

While every effort has been made by the author and all associated contributors to present accurate and up to date information within this document, it is apparent technologies rapidly change.

Therefore, the author and all associated contributors reserve the right to update the contents and information provided herein as these changes progress.

The author and/or all associated contributors take no responsibility for any errors or omissions if such discrepancies exist within this document.

The author and all other contributors accept no responsibility for any consequential actions taken, whether monetary, legal or otherwise, by any and all readers of the materials provided.

It is the reader's sole responsibility to seek professional advice before taking any action on their part.

Readers results will vary based on their skill level and individual perception of the contents herein, and thusly no guarantees, monetarily or otherwise, can be made accurately. Therefore, no guarantees are made.

# Introduction

## The Law of Attraction:

**Getting Everything You Want Out of Life Through the Power of Your Own Mind.  
And Let Your Thoughts Determine Your Destiny....**

Imagine for a moment that you have in your possession a source of complete and total power. You alone can command the warmth of the sun, the fall of the rain, the turn of the tides and the direction of the winds. What would you do with this kind of power? Would you abuse it causing the world to fall into utter chaos? Would you be benevolent and merciful, using your power to help the people of your planet achieve their ultimate potential?

Unfortunately (or fortunately, as the case may be) there is no way for a person to have that much power. Mother Nature controls the planetary systems according to her own rules and her own designs. You will never be able to have utter control over the environment you are inhabiting.

What if you could, however, have the power to determine the course of your own life? What if you could accomplish great things and acquire great riches just by using the power of your own mind? What if I told you that this does not have to be a "what if?" What if I told you that you possess in your psyche the power to chart the course of the rest of your life on whatever path you see fit?

Chances are you would tell me that I had obviously been watching too much Sci-Fi and needed to get out of the house more often, not to mention my obvious need to expand my vocabulary, considering the number of times I have used "what if" in this conversation. You would be wrong (about the Sci-Fi, anyway). Every person holds in their mind the power to shape the events of their life to achieve whatever end they see fit. This power is what is known as the law of attraction.

# What is the Law of Attraction?

The belief held by many theorists is that the universe is governed by a set of universal laws; these laws cannot be changed, cannot be broken and apply to every individual, regardless of age or nationality. These laws are the riverbanks which guide the flow of their lives on its journey to its ultimate end.

The law of attraction is one such law. The law of attraction is the belief that anyone can determine their destiny through the power of their minds.

"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking."

Joseph Murphy

# The History of the Law of Attraction

Before we go too deep into the modern applications of the law of attraction it is important that you understand that this is not simply New Age nonsense (most descriptions of the law of attraction refer to it as a product of a New Age Mentality). The principles of the law of attraction date back far beyond the new found popularity of the New Age.

The immortal Buddha was actually one of the first to introduce man to the law of attraction. He said, "What you have become is what you have thought." This was a principle that the people of the east were acquainted with for centuries before it began to sweep into the western hemisphere.

The concept of karma also may have drawn its roots from the law of attraction. Karma states that you will eventually be revisited by that which you have sent out into the universe. If you have practiced kindness and compassion you will receive in kind. If you have been deliberately cruel to another you will receive back into your life that cruelty which you have sent out. Your actions and thoughts morph into physical entities, causing the universe to react in kind.

The law of attraction began to gain popularity in the western hemisphere in the 19th century, as people began to appreciate the power of positive thinking and apply it to their life. This new concept was first introduced to the general public by William Walker Atkinson, the editor of New Thought magazine, who published a book called Thought Vibration or the Law of Attraction in the Thought World in 1906.

As you can see, the law of attraction is not new. The concept that thought can have a predominate affect on the course of a man's destiny has been taught by wise men throughout the ages, and has given rise to a whole new era of beliefs.

# What is the Premise of the Law of Attraction?

The theory behind the law of attraction is the belief that energy attracts like energy in the vast expanse of space and time that comprises our universe. Each person's being is constantly radiating energy out into space; the type of energy being radiated is determined by the emotional state of the individual in question and may differ from day to day - sometimes even hour to hour!

This emotional energy is what is commonly known as a "vibe" and is referred to as a vibration by scientists studying the law of attraction. Chances are that you are familiar with the term. Have you ever been with someone who is so happy they seem to be radiating a "glow" which inspires happiness in all those around them? By the same token, have you ever spent time with someone who was so critical and unhappy that they consistently gave off a "negative vibe" which seemed to suck the life and happiness out of all those around them?

You do not have to possess psychic powers to be able to feel the vibes that people emit; this energy is very real on a psychological plane and will affect anyone, anywhere at any time. Our vibrations are usually an unconscious response to some form of environmental stimulus; something has happened which has caused us to feel happy, or sad, or scared, or confused, or stressed, etc., and our subconscious response to this (because vibes are generated and projected from the subconscious rather than the conscious) is something that is beyond our control.

Chances are the person who is emitting a negative vibe does not choose to be unhappy, nor do they wish to inflict their unhappiness on all those around them by the simple fact of their presence. (Before you say what you are thinking, yes, there are some exceptions to this rule. Misery does love company and there are many who take a great deal of delight in inflicting their pain on other people. It is important to understand that this is not usually done in a desire to cause others pain but out a desire to not feel so alone in their unhappiness. But we digress...)

There are a number of feelings which lead to positive and negative vibes being emitted, and it is important before we continue on any form of discussion about the law of attraction that you understand what each of these are (you'll understand the reasons for this a little later).

## Positive Vibes

Positive vibes are generated from good feelings, such as:

- Joy
- Love
- Excitement
- Abundance (of anything that causes a positive response)
- Pride
  
- Comfort
- Confidence
- Affection

## Negative Vibes

Negative vibes are generated from negative feelings, such as:

- Disappointment
- Loneliness
- Lack (of any of life's necessities or luxuries)
  
- Sadness
- Confusion
- Stress
- Anger
- Hurt



## What Do Vibes Have to With the Law of Attraction?

As we mentioned earlier the fundamental principle of the law of attraction is the belief that life energy attracts like energy. This means that if a person is emitting positive vibes they will draw good things to them and if they are emitting negative vibes they will draw bad things to them.

"You are a living magnet, attracting what you want."

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be too lucky to be true? On the flip side, you have certainly known someone who loved to complain and look on the darker sides of life that always seemed to have something new to complain about because things were always going wrong in their life. These examples show people attracting the results of the energy they are giving off.

"Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted."

**To continue reading, you can get a **FREE** copy of the full eBook here:**

[Get the Full version eBook here](#)