



Beyond The Secret

***The Law of Attraction
Report***

*"Everything you need to live the life of your dreams is inside of
you and nothing outside of you can stop you"*

~Lana

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About this report

Thank you for downloading my report. The Law of Attraction has been a big part of my life for a long time now. I first learned about it around 7 years ago and believed in it right away.

I started buying one self-development book after another wondering why my life wasn't changing. I thought: "Well, maybe I need to learn something else, maybe the next book will teach me some magic trick about how to manifest my desires easily and effortlessly."

That never happened. After 5 years of running around trying to figure out what I should be doing it finally clicked for me! You don't need some extraordinary knowledge to manifest your desires. It's all about what you do with the knowledge you already have.

While having the full information and knowledge about the Law of Attraction and how it works is essential, once you have it you need to also start implementing that knowledge right away.

I realized two things that made a huge difference for me.

1) I had to stop spending my money on learning the next self-development tip and trick, rather to combine everything I already learned and come up with a system. Most importantly I had to start applying this system.

2) I also realized that each of us is different and certain things work for one person while not for others. You have to find the approach that works for you and start applying it on a consistent basis. Then and only then will you be able to manifest the life of your dreams.

So in order for two of those things to happen you should already obviously have enough knowledge and have the complete picture about the Law of Attraction. If you don't, this report will help with that. And after that you should come up with a system that works for you. And

start implementing this system consistently. This report will help you with that too.

I cannot stress enough how you should stop procrastinating and start taking action right away. Read the report and before you forget everything you learned from it start applying the knowledge. Start acting on your dreams.

This is one of the things that was not stressed enough in The Secret. It is the Law of Attraction; do you think there is a reason for the word "action" to be in it? Action is crucial. Without taking action nothing will happen.

Let's dive in...

Like Attracts Like

Like attracts like. What you sow is what you reap. Birds of a feather flock together.

You've heard all of those statements.

What does it all mean to you?

Whatever it is you have in your life now, you have attracted it through your thoughts and feelings. Whatever you think and feel attracts more of that into your life.

You manifest what you focus on. Focus with your thoughts and feelings. If you worry and you feel bad, you attract more events that make you feel bad. If you have happy and good thoughts that make you feel good, you attract things that make you feel good.

Whatever you give most of your attention to manifests in your life in one form or another. It might not be exactly the same thing that you focused on, but it will attract the events that make you feel the same way that the thing you focused on makes you feel.

You attract things with your thoughts and feelings exactly the way you think and feel. What do I mean by that? If you think "I want to be rich", that is exactly that you are going to get more of-"wanting to get rich".

How does thinking "I want to get rich" make you feel? It makes you feel that you are not rich yet, it makes you feel lack. You are getting more of that lack as a result.

So how do you change that around to tap into the power of The Law of Attraction to your benefit? You need to make yourself feel rich already. You need to do whatever it takes to avoid feelings of lack. There are numerous different ways you can do that. I will discuss those later. For now I just want you to understand how it works.

The Law of Attraction is always at work. No matter what you do, every second of every day the Law of Attraction is working in your life. Everything you have right now in your life you manifested through your thoughts and feelings. You are not a victim, you are a powerful creator.

That is the first thing you need to realize. Take responsibility for all of the events in your life. Own them, as they were created by you and your incredible power. If you don't like what you have in your life now, all you have to do is to change it. But you can't change anything if you are still in the "victim mode".

Realize right now that you don't need anything outside of you to change your situation. Everything starts and ends within you. If you were able to manifest what you have now, you are the only one who can change it and manifest something different.

You are a powerful creator. Believe in your power and use it from now on to consciously create the life that you desire.

Science behind the Law of Attraction

"Everything that you ever wanted or desired was already given to you. It is already here".

Science proves it now--there is no desire that a human being can ever have without it already being fulfilled. The fact of you having a desire means that the thing you want is absolutely, with 100% certainty, possible for you to have. You wouldn't feel the desire in the first place if it was impossible.

You can read more on quantum physics if you want to understand this further, for now, I just want to explain it to you in as easy and as understandable language as I possibly can. If you ever wanted something, it means you can have it without any shadow of a doubt. Let me explain this further.

Everything in this world consists of energy. The whole Universe is one big soup of energy. Your body consists of energy; the chair you sit in consists of energy, and light is energy. This energy manifests itself into different forms, but on a basic level everything is energy.

How does the energy manifest itself into different forms? It manifests itself depending on the thoughts and expectations of the observer.

There was an experiment made in quantum physics. Scientists took small particles, called electrons, released them and decided where they would go. They found out that each time, those electrons showed up exactly where they expected them to show up. They tried different

locations and each time electrons would appear in the location scientists chose them to be observed at or show up at.

What does this all mean? The whole world consists of small particles or electrons, which in turn consist of pure energy. That energy takes the form and the location that the observer chooses it to take.

You are the observer. Whatever you give your energy to with your thoughts and your feelings and whatever you expect will manifest itself in the physical world. Your only job is to direct your energy and expectations so that it transforms into something you want.

Since everything is energy and energy is all there is; it means that everything is already here. That is exactly why I say that just the fact of you having a desire means that this desire can be manifested without any shadow of a doubt.

Since everything is energy, your desire is energy too. So the thing that you want already exists, it just exist in a different energetic form. All you need to do now is to transform it into the form you desire.

By directing your energy the right way you are just aligning yourself with what is already here and bringing it into your reality or transforming it into the form you need it to be. You are doing it all the time anyways; the only thing is that most of the times you are doing it subconsciously. Now you have to change it and start consciously creating the reality you wish to live in.

Aligning

A lot of Law of Attraction books tell you that you need to align yourself with your desire in order for it to manifest. A lot of people have difficulty understanding what this alignment really means.

How do you align yourself? You align yourself when you expect, when your thoughts and feelings are a representation of your desire as if it already came true. You expect and as a result you think and feel as if it were here already.

What does “expecting” mean after all? When you expect something, you know with absolute certainty that what you want is already yours. It is on its way and you feel like it is already here, since you know for sure that it is going to be here.

So true alignment is expecting something to be or knowing for sure that it is already yours and as a result of that you think and feel as if what you want came true already. Because you expect it to come true.

It all starts with expectation. A lot of self-help gurus call it faith or trust in the Universe. You can call it whatever you want but it is all the same thing. When you have faith, you expect the thing you ask for to be given to you.

Whatever explanation makes more sense to you. All you have to do is to form an expectation. After your expectation or faith is formed, your thoughts and feelings will follow. Remember your thoughts and feelings should be as if your desire came true already and that is attained when you have expectation or faith.

Whatever your thoughts and feelings are about, that is where you are directing your energy. Whatever you are directing your energy to is going to be brought into your physical world. Without exception.

After that your only job is to take inspired action toward your dreams. We'll talk about inspired action later. Right now I just want you to understand the path for bringing your desires into your reality--Expectations—Thoughts—Feelings—Inspired Action --Desires Manifested into physical reality.

All the different techniques that you read or hear about--affirmations, visualizations etc. are meant to help you form your expectations or your faith that what you want is already given to you and is already here. Those techniques are not going to work in and of itself. If they don't make you expect or develop faith, they are useless.

That is the mistake lots of books make--assuming that one technique they describe will work for every person. We are all different. So many people repeat affirmations day after day without seeing any results, wondering how come others get what they want easily and effortlessly with affirmations.

You will have to do the job and find the technique that works for you. How will you know that the particular technique works for you? When you feel really good doing it. When you do it for the pure pleasure you get from doing it, not just because you think it is supposed to help you manifest your desires.

Why is feeling good so important? Because when you feel good, you are aligned. How do you feel when your desires come true? You feel good, right? So you need to choose the technique that makes you feel

really good. That is the technique that will make you believe or develop faith or again, my explanation—to form your expectation.

As soon as you are truly aligned or in other words as soon as you truly expect something to happen, it will happen or it will manifest itself in your reality without exception.

The rest of this book will be dedicated to explaining how you can truly align yourself or start truly expecting.

Who are we trying to convince?

Like we discussed earlier the process of creation is the following-Expectation-Thoughts-Feelings-Inspired Action-Desires manifested.

You have to come to an expectation or faith in order to get what you want. There are many different ways you can do it but first of all let's understand who it is we are trying to convince to form an expectation or develop faith. Who is it you are trying to make believe that what you want is already yours?

You know it- you are convincing yourself and yourself only. Everything starts and ends within you. The only person who can give you everything or take everything away from you is you yourself.

The great Napoleon Hill once said "What a mind of a person can conceive it can achieve". You are your best friend and your biggest enemy. When you get something, you are the only one to praise for it, because you attracted it to yourself and allowed it to be by believing and expecting. When you don't get something you are the only one to blame, because you didn't believe and didn't expect enough.

Some books call it the Universe, some call it the Source, some call it God, and some call it your subconscious mind. I will go with the mind here. If you can convince your mind to believe that what you want is already yours, you will get it.

That is exactly how other books say that you should convince the Universe. By knowing that what you want is already yours. So it all starts within you. As soon as you get everything right within your mind,

the Universe, God, the Source or whatever else you believe in will bring you what you want.

Do you see it now? You shouldn't worry about anything external here. It doesn't really matter who will bring you your desires. All you ever have to work on is your own mind. Remember, everything starts and ends within you.

So everything that we will be doing from now on is convincing our own mind, making it believe, making it truly expect our desires to come true. As soon as you do that, you will get what you want. Guaranteed.

What is it you want?

But before you even start convincing your mind you have to get very clear on what it is you want it to be convinced of. What is it you actually want? This might sound obvious, but you actually have to know what it is you want before you can get it.

So many people have no clear goals or dreams and keep wondering why they don't get any results. Because your mind has no idea what to bring you.

Another big mistake lots of people make is settling for dreams that seem reasonable or doable or just smaller versions of their real dreams. People are afraid to dream big and go after their real dreams.

Remember you have to make your mind believe and to act upon your dreams. In order for your mind to believe in your dreams it needs to be inspired by it. In order for it to expect your dream to come true and to act upon it your mind needs to be motivated. Your mind won't be motivated or inspired if you are settling for something that is not your true dream.

So your first and foremost goal is to find your true dreams so your mind is inspired and motivated. Your second goal is to get very clear about them so your mind knows exactly what to bring you.

That is exactly what we are going to do in this chapter. There are numerous ways you can come up with your true desires or dreams. The process I like to go through is the version of the process described in a great book called The Passion Test. I will explain it to you here.

Finding your passions

Instead of thinking of some particular goals or dreams you might have, think of your passions, think of your ideal lifestyle. What lifestyle would you have if you could do, be and have anything you want? That is exactly the question you should ask yourself. Lifestyle is not a goal; it's a way of life. Passions are not goals either; rather they are something that brings you the most joy.

Only when you connect with your passions can you find your true dreams. Your passions are the essence of who you are, they connect you to your purpose in life and they connect you to the dreams that would bring you the most joy and satisfaction.

So think of your passions first, and then the lifestyle you would like to have around those passions. If your passion is travelling, your ideal lifestyle would include travelling. If you are passionate about being rich, then your ideal lifestyle is being rich. If you are passionate about spending time with your kids, then that is your ideal lifestyle.

So your next task is to think about as many passions and ideal lifestyles as you can. Come up with at least 10 of those.

After you came up with at least 10 passions you need to go through the list and choose 5 of the most important ones. Look at your list and start comparing your items. Do as follows: Compare #1 and #2, which would you choose? Choose one. Continue comparing. If you chose #2 compare it with #3 now. If you chose #1, compare it with #3 and if you still chose #1 compare it with #4. And so on, just continue to compare each choice to the next item on the list.

After you are done, start again, comparing each item that remains (don't include the one that you already chose).

Label the one that you chose already #1. The second one #2 and so on until you identify your 5 most important passions. Be honest. If you're stuck, ask yourself-"Which item will bring me more bliss?"

Avoid the temptation to lessen the work and just choose the item that seems really important without going through the rest of the list. I've done the process so many times and have discovered that things that seem important in the beginning turned out to be not so important after I compared all the choices.

You do the whole process in order to get in touch with the dreams that are most deeply important to you at the moment. They are the ones that will bring you the most bliss and satisfaction.

Also you need to choose 5 for now because this way you can focus better on your dreams. The better you focus, the quicker you get results. As soon as one dream comes true you can delete it from the list and add another one.

This way you will still get to all of your dreams, you will just do it in a more efficient way.

OK, now that you have your passions, you need to set goals or signposts for each of them. Is your passion to be wealthy? In your signposts to that passion you would have to specify how wealthy. How much do you make a year, how much do you have in your savings, etc.? These goals are going to help you understand what it is exactly you need to achieve in order for you to live your ideal lifestyle.

Remember you can get what you want only to the extent that you are clear about what you want. Your mind won't know what to bring you unless you are clear about it.

One more thing. When you are working out the specifics, don't worry about the "hows." Let your mind figure out how the thing that you want will be brought to you. It will figure out the best way. Your only job is to specify the end result, your ideal outcome.

Why feeling good is so important

OK, now that you have your true dreams figured out, that is where your job begins. Now you have to convince your mind that the thing you want can and will be yours. In fact it is already yours. You need to develop faith or expectation. Remember when you expect something you know with 100% certainty that the thing that you want is yours already.

This is hard to do, especially if your past conditioning formed some subconscious beliefs against the thing that you want. For example, if you always struggled with money and now dream of becoming a millionaire, it is hard for you to truly expect that to happen, since all of your past experience is saying that it is impossible. You have built a strong resistance over the years and now you will have to break that resistance.

Again who are you convincing here? Yourself, right? Your mind. But it is not just your mind; it is your subconscious mind.

There are several rules of communicating with your subconscious mind. First of all, the primary language that it understands is your feelings. Your thoughts are very important too, but the feelings that those thoughts evoke matter the most.

So remember the path we outlined before
Expectations-Thoughts-Feelings-Inspired Action-Desire manifested.
Your goal is to form your expectations or to convince your subconscious mind to believe that what you want is already yours. In order to do that you can change the path and start with thoughts and feelings in order for

the expectations to follow. So you can do the following Thoughts-Feelings-Expectations-Inspired Action-Desire Manifested. We changed the sequence but the end result is still the same.

Why do we start with feelings and thoughts? Because that is how you communicate with your subconscious mind and make it believe or expect.

Like we established earlier, your thoughts matter only to the point that they evoke appropriate feelings. Feelings are the primary source of communication with your subconscious mind.

And your feelings should be as if your desire is already realized. That is the only way for your mind to believe you and to bring you what you want.

There are many different techniques you can use in order to make this happen. But there is no one technique that will work for everyone. That is why I said earlier that there are no cookie cutter approaches.

We are all different and different techniques make us feel differently. Affirmations work for some people, because they believe in them and they make them feel good.

But if you don't feel anything or are bored doing affirmations, or worse off feel bad doing them, your mind will never believe you and will never bring you what you want.

You have to find the technique that works for you. How will you know that the technique works for you? When you feel really good doing it. When you are doing it for the sheer pleasure you get from doing it. When you do it not for manifesting your desires, but just because of the good feelings it brings you.

This is very important. When you feel good, you make your mind believe that what you want is already yours. Because that is how you are supposed to feel when your desire comes true, right?

But when you do some technique just because you think it will bring you what you want, you are sending a feeling of lack to your mind. A feeling that says "I don't have this thing so I will do my affirmations now to get it"

That is what your mind will believe in – "you not having the thing you want", and it will bring more of "you not having the thing you want".

Do you understand now how it works? **Never do anything with the only reason being for it to manifest your desires.** Do only the things that make you feel really good and do them for the pleasure of doing them.

That is the only way to quickly and easily convince your mind and to make it believe you. Once it believes you, it will form an expectation and bring you what you want.

Techniques you can use

Now let's go over the most famous techniques. You can try them and choose the one or several that you feel really good doing. And start doing it every day.

Of course the classic is affirmations.

What are affirmations?

If you don't know, affirmations are autosuggestions stated in a present tense and positive form. If you want to lose weight, your affirmation would be something like "I am physically fit". Remember everything is supposed to make your mind believe that what you want is already here. So state everything in present tense only and in positive form.

Your mind takes everything as is. And acts only on "as is". If you say I want to be physically fit, your mind will bring you more of "wanting".

Try putting your dreams into affirmations and repeating them to yourself throughout the day. Listen to your feelings when you do that. How does it make you feel when you say your affirmations? Do you feel really good and excited and imagine your desires realized?

Or do you feel like you are lying to yourself? Do you feel bored and the only reason you do your affirmations is to manifest your desires? If the latter is true then this is not for you and you will not likely manifest anything using affirmations.

But if you feel good, then continue doing them.

Vision Board

Using a Vision board is one of my favorite techniques. Actually a lot of people can relate to the Vision board. The reason being is that your mind loves pictures much more than words. When you actually see something there is much less resistance in you to believe in it and to feel it. Try it and see if it works for you.

A Vision board is a collage of pictures arranged on a poster board or pictures in scrapbook format. Whatever works for you. The pictures should represent your dream lifestyle-it can be the house you would live in, the car you would drive, or pictures of couples in love if you are trying to attract more love into your life.

Look at those pictures at least twice a day and actually feel it how it would be like to have everything that you have in those pictures.

This works great for me, makes me feel really good. If you feel good doing it too, then go for it.

Vizualization

You probably know what visualization is. It is something very close to what you do when you look at your Vision board. You just imagine your goals as if you already achieved them. See everything in as much

detail as possible. Feel that experience. Feel how you feel doing it. Do you feel good? Then continue doing it.

Meditation for manifestation

This is one technique that can work for almost anyone. Meditation is a great way to connect with your subconscious mind, not to mention the other great benefits it has on your overall wellbeing. When you meditate you quiet your inner chatter and as a result you don't have that little voice to tell you that what you want is impossible.

Also meditation puts you in very relaxed state which makes your body produce endorphins, the feel good hormones. Exactly what we need to convince our mind and to make it believe. I recommend to everyone to meditate; this is one method that works for everyone.

There are a lot of misconceptions in our society about meditation. You don't have to practice forever to be able to do it. You also don't need to become some kind of guru in meditation in order to see the great benefits of it.

Just find some quiet place and become an observer. If thoughts pop up in your head, don't follow them. Just sit and observe, let everything be. Stop reacting, just observe. Soon your mind will calm down, inner chatter reduces and now you can start thinking about your dreams, imagining them as if they came true already. Try it, it works.

There are other techniques, but the four outlined above are the best and the most popular ones to use. Again, remember to choose the ones that

make you feel really good. Definitely try meditation for manifestation, it works for everyone.

You can choose one or all the techniques that work for you and do them throughout the day. **Remember everything you do should be done for the primary purpose of making yourself feel good, not for the purpose of manifesting your dreams.** When you are just doing something to manifest your desires, you are sending a message that your desires are not here and that is what you get as a result.

Do whatever you choose to do to make yourself feel good and to feel that what you want is already here. Only this way will you be able to convince your mind and to make it expect.

Gratitude.

Gratitude is one of the highest emotions you can have. When you are grateful you are fully aligned with your desires. When you are grateful you automatically declare that what you want is already yours.

Otherwise, why would you be grateful? So whenever you do any of the techniques of your choice always say thank you at the end and feel grateful. This will make your mind believe you so much faster.

Don't cancel out your manifestations

It is important to not cancel out what you have manifested doing any of the techniques you chose during the rest of the day. If you visualized your dreams and felt really good about them, but then throughout the rest of the day you feel bad and worried and anxious, you will cancel out everything you've done visualizing.

How to avoid that from happening? There are two ways you can do it--live in the present moment or think about anything that makes you feel good.

I'll talk about both.

Living in the Now

If you haven't heard about Eckhart Tolle, he is teaching how to learn living in the present moment. The present moment has no problems. When you live in the present moment you don't identify with your past or your future. You are aware of them, but they don't have any effect on you since all that matters to you is your present moment.

You don't allow yourself to worry about your future since you care only about the present moment and you don't care about the past since again it is your past, it is not present.

When you take each moment one at a time, you don't allow your past conditioning to have any influence on you; you don't allow your inner chatter in. You just observe life one moment at a time. This way you have no resistance, no anxiety, no worry or fear. You live in the Now and the Now is always perfect, there are no problems when you live in the now.

How is that going to help with your manifestation? You are not going to have any feelings or thoughts that cancel out what you manifested. You won't have any resistance.

A lot of people have problems understanding how to combine the Law of Attraction with living in the Now.

That is how I understand it and that is how it has always worked for me. You think about your future and your dreams only when you are doing any of techniques that you chose for manifesting your desires, for making your mind expect and believe. And then during the rest of the day you live in the Now, so your inner chatter doesn't cancel out what you've manifested.

It works great for me. It takes some effort and focus in the beginning since you constantly have to remind yourself to return to the present moment. If you start meditating every day, your focus will increase dramatically.

Feel good about anything at all

Another great way to not cancel out what you have done during your manifestation sessions is to just find some thoughts or activities that make you feel good and do them or think them as much as possible throughout the rest of the day.

This way you don't allow any negative thoughts to enter your mind and this way you won't cancel out your manifestations. These thoughts or

activities can be anything at all; they don't have to be related to your desires in any way.

The only purpose for you to do them is to feel good as much as possible throughout the day.

Your mind understands your feelings only. When your feelings are aligned with your desires, your desires will manifest quickly and easily. You placed your order by telling your mind exactly what you want and making it believe that it is already yours. Now all you have to do is to feel good and not cancel that order out.

Inspired Action

The last and very important step is to take inspired action toward your dreams.

Taking action cannot be overemphasized. You can repeat your affirmations all day long but if you don't take action you will never get to your dreams.

There is one thing you should understand first though. You are not taking action to get what you want; you are taking action to receive it. You are taking action to receive what already was given to you.

By your thoughts and feelings you made your mind to believe and to bring you what you want. By action you receive it.

Start acting toward your dreams, don't procrastinate. Without action everything else will be a waste of time. Do what feels right at that moment, act from the point you are at right now. You never know what door will open next. Take the first step and then another one and then another one until you find yourself living the life of your dreams.

Don't let fear to stop you, since you now know that you are acting to receive. Your dream is already here, it is already yours. By acting you are just receiving it.

Let's repeat and summarize what you learned

Your desire is energy. Since everything in this world is energy the thing that you want is here already otherwise you wouldn't feel the desire in the first place.

If it can exist in this energetic form, it can be transformed into a different form and become a part of your physical reality.

How do you transform it? By aligning with it or expecting it to happen.

How do you make yourself expect it to happen? By convincing your subconscious mind to believe and to expect.

How do you convince your mind? By doing things that make you feel good and make you feel as if your desire came true already. You can choose any or all the techniques you like, just make sure to do them for the pleasure and the good feelings that they bring you. Otherwise you will send a message to your mind that says: "My desire is not here, so I will do this technique to make it come." Your mind will bring you more of "my desire is not here" as a result.

During the rest of the day make sure to not cancel out your manifestations with any negative feelings, which might include but are not limited to--fear, anxiety, resistance, doubt, worry etc...

How do you make sure to not have any of those negative feelings? By living in the Now and taking each moment one at a time. By being aware of your past and your future but not identifying with them. In other words by observing your life, instead of reacting to it.

Or if that doesn't work for you, you can just find thoughts and activities that make you feel really good.

They might not necessarily have anything to do with your desires. They might be anything at all. Just make sure to feel good during as much of your day as possible. This way you won't have any negative emotions to cancel your manifestations out.

You also can combine living in the Now and feeling good about anything at all. Find the balance between the two and make it work for you.

And always remember to take action. Start acting on your dreams, don't wait, and don't procrastinate. Always know that you are acting to receive what is already yours. Everything is already here, all you have to do is to go and receive it.

"Here Nothing is Impossible. Dream Big, Aim High and Don't Ever Settle for Less"

Now you know everything you need to make all of your dreams a reality. Read this report again if you need to. Internalize the information in it. Start acting on it. You dream life will be here before you know it.

Feel free to leave me a comment on my blog

<http://www.dreamfollowers.com> and let me know what you think or if you have any questions. Most importantly, start implementing this information. Start moving in the direction of your dreams. This is your life and you are the only one capable of changing it for the better.

Watch your inbox; I will be sending you more valuable tips and strategies as well as other free eBooks and reports.

Transform your mind and you will transform your life.

Follow your dreams! They always come true!

Lana.

<http://www.dreamfollowers.com>