

Law of Attraction for Conscious People

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Introduction:

Whether you like it or not, the Law of Attraction is constantly in motion in your life. If you're not getting what you want, then you have to take a deep, hard look at what you're really attracting into your life.

If you've seen [The Secret](#), you probably get the notion that the Law of Attraction is nothing more than visualizing and hoping for more material wealth.

That's understandable, but from my experience, there are many more variables in play. Imagining and getting clear on what you want does play an essential role, but as I said, there's a lot more to it.

The Law of Attraction for Conscious People Series will dispel myths and show you how you can practically apply it to your life.

You might as well, it's already working anyway, so why not make the best of it, right? Getting what you want requires peeling off the layers and discovering who you are.

You may think you want a nice car, a big house and a pile of money, but if you do not put out that vibration, you won't attract it.

The Law of Attraction Explained

In this post I'll explain how I see the Law of Attraction working in my life. This is not the [official version](#), it's the version that I see in motion in my own life.

Your experience may differ, so pay close attention to what is going on and the inspiration you get.

When I first heard about the Law of Attraction I had already read a lot of books on spirituality, consciousness, awareness and compassion, so it wasn't anything mind-blowing.

However, the logical side of my brain did moan and whine. It's usually when your life sucks and when you most need it that you refuse to believe it.

I have witnessed the Law of Attraction in my own life. It's amazing how well it works when you're in alignment with what you really want.

How does it work?

You are constantly putting out intentions with your thoughts. Each and every thought is pulling something into your life. If you're constantly worrying and stressing over the future, you're thinking about all the bad stuff that might happen.

When you stop and observe yourself, you will find that you are unconsciously visualizing the worst possible scenarios, which is in turn making you feel bad and attracting more of those situations into your life. You're essentially telling the universe that you want more worry and stress.

To me, the Law of Attraction is very simple—where focus goes, energy flows.

How do you use it?

I will go into more depth in the last part of this series on how exactly you can apply the Law of Attraction into your life. You do not have to be 100% positive and try to push away your negative feelings. I see so many people lying to themselves.

Everyone experiences negativity in one way, shape or form. It's not about pushing it away, it's about embracing your fears and looking at how you can dissolve them. If you try to push your negative thoughts away, you will only create resistance, which will cause more of the same.

It's like advanced goal setting, because you have to become clear of what you really want, set your goals, take action and maybe throw in some visualization. The more positive you are, the easier you will manifest what you want in your life.

It's a [catch 22](#). The happier you are, the happier you'll be. Once you gain some momentum you'll start to feel the

true effortless nature of life. This has happened to me in short bursts and it's always amazing to observe.

Why should you use it?

The Law of Attraction is constantly in motion, so why shouldn't you learn to use it? It's not a big undertaking. You do not have to schedule several hours for it every day. I keep it very simple in my life.

Instead of unconsciously creating your life, you can take responsibility and start consciously creating the life you truly want. It's scary at first, because you have to get clear about what you really want. Most people have no clue what they want in life, yet they are disappointed because they aren't getting what they want. Paradoxical.

You don't believe in it

That's completely fine. You're going to miss out and probably come back to read this once you've realized that something is going on in your life and you don't really understand what it is 😊 .

I thought about making this post more scientific and including "proof", but I decided against it. If you resonate with what I have said, that's cool and if you don't that's okay too.

Why Some People Almost Always Get What They Want

The time was 12:10 on a bright, clear and sunny Saturday in Málaga, Spain.

I had just been to a Chinese acupuncturist. As I sat there on the train on my way home, I couldn't help but look up at all the people around me.

Some of them were looking out the window. Some of them seemed to be deep in their thoughts. Some were smiling for no apparent reason.

What is it that determines if we get what we want? Is it god? Is it karma? Or is it just some unseen force that we have no control over?

We all have our own, unique challenges. There's a reason you have the challenges you have. They are there to nudge you to grow. The sooner you can accept that, the faster you'll get through it.

Getting what you want has multiple layers and includes several variables. It isn't just about what you think, but that is a big part of it. There are common denominators among those that almost always get what they want.

It isn't magic. It's about connecting with who you are, getting clear on what you want and taking action. With

that said, here are some characteristics I've identified in people that use the Law of Attraction effortlessly.

1. Honesty

In the past, I wanted to test the Law of Attraction, so I started visualizing a blue BMW and it didn't work. But I realized that I wasn't being completely honest with myself. Deep down, I didn't want a BMW, nor did I need one. When you discover your passion and purpose, you can come from a much more powerful place and know what you really need.

For example, I have discovered that I am passionate about helping and connecting with like-minded souls. Every day I manifest new people and resources that seem to come out of nowhere and want to help me. This is the Law of Attraction at work when you're aligned with who you are and when you aren't just following automatic programs configured by your culture, society, friends and family.

2. Gratitude

If you aren't happy with what you've got, you probably aren't going to be happy with anything else. Gratitude isn't just something that magically happens, you have to practice, consciously. Meditate, think about what you're grateful for and be present in the now.

I like to feel my whole body and breath. In fact, I am doing it right now 😊 . You know you're doing it right when you feel energized, happy and loved. Your feelings may differ, but this is what I feel right now. Be grateful for what you have and you shall receive even more.

3. Intention

I've noticed that the Law of Attraction works better when your intentions will benefit the whole of the human race. When I played poker, it felt like a constant uphill struggle. I was making money, but I was only benefiting myself. As I moved to other venues of giving and helping, it felt like I'd stopped trying to paddle upstream. Instead I had turned my stuff around and was going with the flow.

My intention now is to help as many people as possible and connect deeply with the right people. This is an intention that is meant to benefit everyone. It is an intention that people can rally around. It's not about me doing this alone, because without you, nothing would happen. You are integral to my mission, so why not join in? Start acting on your inspiration, it is your duty as a citizen of planet Earth.

4. Commitment

If you want the Law of Attraction to work, you have to be ready to take action and act on whatever comes your way. Usually there isn't a logical path to getting what you want, which is why you have to trust your inner guidance.

Burn all your bridges. Do or die. If you cannot say that to yourself, you probably aren't following your passion and purpose. If you aren't serious, no one will help you, because they know you're just going to run off as soon as the next shiny thing comes around.

5. Courage

You will need to exercise courage if you're following your path. Our body and mind likes the way things are, it's comfortable, which is why it can be hard to grow and move past the illusionary wall of fear. When you have a purpose, it all fades away.

I know that I am doing what I love and that my purpose is to help and connect. I run into fear all the time, but I know it's part of the game. I am supposed to be doing this and I want to be doing this, which gives me determination and courage to move forward.

Fear will always be there. It's a good thing. It puts up a wall that stops those that aren't really serious and committed. If you know you're on the right path, then you have no reason to stop.

The Cheater's Guide to the Law of Attraction

Throughout my short life I've noticed that a few simple tools have helped me in manifesting what I want faster.

It doesn't guarantee anything, but it has definitely increased my success rate.

There's a reason for everything that goes on in your life. If you're facing hardship, you've attracted it into your life.

Every thought you put out attracts something. What kind of thoughts are you broadcasting? Positive? Negative?

It can be hard to deal with. It's easier to just blame it all on external circumstances.

It is only when you take the power back that things start to happen. For the longest time I felt like a victim and blamed everything and everyone around me.

I never knew why and it took me years of feeling bad to realize that it was a creation of my own mind.

The circumstances will be different in your own life, so you will have to step up and start experimenting. With that said, let's jump right in. Here are a few tools, methods and strategies that have a proven track-record in my life.

Emotional Freedom Techniques

If you've read some of [my posts](#), you know that I talk about [Emotional Freedom Techniques](#) here and there. It is a practical way to release negative emotions. This is why it works so well with the law of attraction.

If you're attached to a specific outcome, you will often block yourself from manifesting it, or at least delay it. The more you can let go of any emotions and thoughts of lack, the faster it will manifest.

If you're trying to manifest your dream job, but you're constantly thinking about how your old job sucks or how bad everything is, this is where you can use EFT to release the negativity. You can also use it to release any doubts about manifesting the job you really want.

In essence, the better you feel, the faster you'll get what you want.

The Sedona Method

The [Sedona Method](#) is similar to EFT in the sense that it helps you release negativity. It's much simpler than EFT, because you only have to ask yourself a few simple questions to start letting go.

The only downside is that it comes with a price tag, while EFT is free. I use both EFT and the Sedona Method. Releasing negativity and handling your emotions is one thing, but you also have to take massive action and accept that most of the time you don't know the exact path that you are going to take.

This is what happened to me when I launched this blog. Deep down I knew I wanted to do this, but I had a lot of fear and anxiety about getting started. I used these tools to release a large part of the negativity and then focused ruthlessly on what my next step was.

Sure, I had a big picture plan of what I wanted to accomplish, but the details weren't there. I took it one step at a time and gradually the fog subsided.

Meditation

Meditation is a tool that you can use to give your thoughts more focus and power. It is much easier to visualize what you want and inject substance (feelings) when you are relaxed and free from distractions.

If you're visualizing without feeling energized and blissed out, you're not injecting enough feeling to really make a difference. Let's say you want a fulfilling job. Begin by visualizing the details of how it looks, but also putting in how it feels.

How will you feel when you're completely fulfilled? The feeling should be powerful, positive and uplifting. Without

emotional charge nothing happens. Remember, you are in control of your brain, not the other way around.

You have the power to manipulate your visualizations and the emotions you put into them. This is why passion is so important and why passionate people are more successful. If you love what you do, the law of attraction will almost work on autopilot.

As I've started to follow my passion and help more people, it is almost like the universe conspires to help me in any way possible. When that starts happening, you know you're on the right track.

Massive Action

As I said above, once you've released negativity, meditated and focused on what you want, you have to start taking massive action. If you're sitting there waiting for something to happen, you're going to be waiting for a long, long time.

You do not have to know what you're doing to take action. Often just doing anything is better than doing nothing at all. By failing you will at least know what didn't work and it will help you in the right direction.

In the beginning you will fumble around, but when you keep going, things will start to clear up and cool stuff will begin to happen. It's normal to not know what you're doing. The most successful people aren't afraid of failure.

I've noticed this in my own life. When I take massive action – even if I don't know what I am doing all of the time – good things happen. If you want to use the Law of Attraction, these tools are extremely effective, but you have to actually USE them.

How to Use the Law of Attraction

If you haven't read the previous parts, I suggest you do that right now. This part wraps everything up in a nice package. It's all about taking action and making cool stuff happen in your life.

I've realized that getting what you want isn't that hard, it's just scary. We like comfortable. We don't like risky. Just because everyone else is settling with comfortable doesn't mean you have to.

Go after your dreams, follow your passion and do what you want, even if it is risky. That's right. I said it. Go do what you really want to do.

You don't have to [quit your job](#), but if you really want to, go right ahead and see what happens. I've never been broke or homeless, but I can imagine that it isn't as bad as our minds make it out to be.

With all that said, here are five simple steps on how you can start applying the Law of Attraction in your life. Start taking action now. After you've read this post, take one step towards making your dreams come true.

1. Clarity

Clarity is the first thing you want to pursue. If you don't know what you want, you won't commit to it and your thoughts will be too weak to make anything happen. If

you want to wield true power, you might want to learn [how to find your passion](#).

It's okay to want a nice car or even a big house, if you do it for the right reasons. If your reason to have a car is to impress others, it won't be very powerful and you will most likely fall flat on your face.

On the other hand, if you want a car because you truly enjoy the experience for YOU, that is a completely different experience. In the end, you decide what you want and don't want. I can't speak for you, so I encourage you to experiment and fail a lot, because that's how you discover your true purpose in life.

2. Visualization

Once you know what you want in a big picture kind of way, it's time to get down to the details. Look at it like day dreaming. Imagine the end result. If you want a car, imagine how it feels when you drive it, how it smells and all that good stuff.

You might even want to go test drive the car you want. The more emotion, details and clarity you punch into your visualization, the more power your thoughts will have. Passionate people keep going no matter what. They are committed. In their mind there is no way out.

If you maybe want something, you're not going to follow through and do what it takes. You're not going to take action. You're not going to follow your intuition. Stop giving into what you think you should have and start listening to yourself.

3. Letting Go

Didn't I just tell you to get your emotions going? Well yes I did, but those were the good emotions. When you visualize and set goals, there's always going to be a voice in your head that goes "yeah right, you'll never be able to do that, just forget it."

You want to let go of any attachments, negativity and other blocks. You can do this with [EFT](#), [Sedona Method](#), meditation or just doing it anyway. I covered this in detail in [Part 3](#) of this series. These tools work, but they also require you to put some effort into them.

If you're going into this expecting everything to just happen, forget it. I'm not saying it can't happen effortlessly, I'm saying it is better to go in prepared to die. Your resolve and commitment will be much more powerful. It's like wielding a lightsaber compared to a kitchen knife, you will easily be able to cut through any obstacles that land in your path.

4. Taking Action

The reason I said you should be prepared to die is because you will have to take action and it will sooner or later be scary. When you have a purpose that is larger than you, your fears tend to just melt away.

I've been constantly running into my fears and my own monsters while running the Wake Up Cloud. I'm going to start doing more video soon, which is pretty scary, because I have a lot of things I'm unsure about, but I know it is the next step and it will happen, so I just accept it.

The fear is still there, but it's okay. Fear will always be somewhere in your life, the question is how you deal with it. Do you try to push it away? Do you accept it and make it your ally? It's up to you, so choose wisely.

The Law of Attraction does not work without you taking action and committing. So when you know what you want, start taking action even if you don't know what the hell you're doing. If you're sitting at home whining about not being able to do something, get over it and just **START!**

5. Listening

Congratulations. Most people never reach step 5, because they stop at taking action. Actually doing stuff scares the living bejesus out of most people, including me, so it's natural that the majority of people jump off the train at that point.

Once you've begun taking action, you will start getting feedback, mainly through your feelings. Some things will feel better than others. Listen to your feelings and do what feels good, even if it doesn't make sense.

Summary

The Law of Attraction is just a label for a set of actions for me. It produces results, which is why I decide to use it. If the esoteric stuff doesn't resonate with you, take whatever you need and use that in your life.

I am not here to tell you what to do. I am here to share my experiences and nudge you into expanding your mind to new possibilities. Being closed off does nobody good. The only way we'll evolve is by listening to each other.