



# **What Stops You from Having Abundance**

**How to Get Results  
with the  
Law of Attraction**

**By Ruth Wilson**

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***What makes the Law of Attraction Work?  
The Secret Nobody Else is Telling***

At a time when many of us feel we are at the mercy of forces outside our control, it is important for you to know that you have the power to live the life you choose.

If you understand how to use this power, you are not so affected by the bleak news of the day. You truly can choose your circumstances to a much greater degree than you have been taught.

The Law of Attraction is suddenly popular. According to the Law of Attraction, you attract experiences that are a match with your thoughts and feelings. What you focus on expands. It may sound like magic, but there is good evidence that it works.

According to this law, your predominant thoughts and feelings determine what you experience in life. The metaphysical Law of Attraction has been a more or less secret teaching for ages. It has recently become more available to the general public.

But, I have reviewed most of the literature on the subject and find it is often inaccurate or incomplete. Dozens of people claim to know the key that makes the Law of Attraction work consistently, but most techniques Get inconsistent results for most people.

If the Law of Attraction is a Law, it works all the time! You cannot make it work. You can learn to allow it to give your results you want.

You do not need to visualize, or change your beliefs or reprogram your mind, or hold your face a certain way or say any special words.

If you learn to manage the energy of your feelings, you can clear a path for abundance to come to you.

## **What is the Law of Attraction?**

A powerful universal law is at work in your life. It is the Law of Attraction, by which you attract people, experiences, ideas, and yes, even things, according to your thoughts and feelings.

At a time when many of us feel we are at the mercy of forces outside our control, the notion of deliberately creating reality seems like the ultimate gift of hope. However, such hopes can be dashed when the Law of Attraction seems not to work in our favor as promised.

A lot has been written about the Law of Attraction ever since a movie called *The Secret* came out. There are any number of books and programs for managing your thoughts, programming your subconscious, or thinking positively so you can create your desired reality. Many promise you incredible wealth and success in next to no time.

But, how many people do *you* know who actually thought and grew rich? How many people do you know who saw *The Secret* and began attracting wonderful things into their lives?

The millionaire-mind marketing gurus sometimes encourage you blame yourself for negative thinking – or worse, for laziness - if you can't manifest your own fortune with their products. Well, it just does not seem to be that simple for most of us.

Many people give up and reject the Law of Attraction as superstitious or magical thinking.

Others of us are intrigued, though, because we have seen it work beautifully sometimes, but *not* all the time, or even most of the time.

Why does the Law of Attraction seem more like the Coincidence of Attraction? Because most of us *still* do not know the SECRET! Most of the information available is incomplete.

I have come to believe that the Law of Attraction actually works all the time. It just doesn't work *the way most of us have been led to believe*.

## **The basic premise**

The Law of Attraction is the metaphysical law that like attracts like. This refers to energy; the stuff everything is made of (rather than batteries or magnets.)

You probably are familiar with this principle on a daily basis as you notice that your mood affects your experience. If you are in a good mood, you are more apt to notice good things, interpret others' actions in positive ways, and experience the world as good.

The Law of Attraction works at the energetic or vibratory level. Consciousness gives off a "vibration" based on your thoughts and feelings. If you are at all empathic, you have experienced other people's feelings – or vibrations - when they simply walk into the room. If you have had an abusive spouse or an alcoholic parent, I'll bet you could tell what mood they were in when you heard their car pull into the driveway!

Your predominant thoughts and feelings draw to you experiences that promote more of those thoughts and feelings.

The law doesn't discriminate. It brings you what you pay attention to. Whether you like strawberries or hate strawberries, you are focusing on feelings about strawberries. So you attract strawberries. If you want blueberries, you must turn your attention to blueberries – and away from strawberries.

It took me until I was well into middle age before I figured out how to get what I wanted out of life. You shouldn't wait that long! But if you did wait that long or even longer, it is only too late if you do not start now to get results using the Law of Attraction. You have the opportunity now to find out how to use your thoughts and feelings to create the life you desire – often, as if by magic.

Of one thing, I have become convinced: The Law of Attraction works all the time. The Law of Attraction is indeed a law. It works whether you like it or not and it works whether you know it or not. The sum total of your feelings is reflected back to you in your world. You are a powerful creator! You may feel more like the apprentice than the sorcerer, but I guarantee you use the law very successfully all the time.

The secret to success is not some new trick for applying the Law of Attraction. The secret is how you handle your thoughts and feelings to *allow* the law to work for your good. I have begun to see more consistent and positive results in my own life after discovering some simple ways to change my way of being and feeling.

I have the benefit (yes, I've decided it is a benefit,) of having failed many, many times, to get results with Law of Attraction. .

I have the additional benefit of being very stubborn. The magic I sometimes experienced made me believe there could be more...if only I could hold my face just right, say the right words, or hold the thought just long enough... Maybe this next book would have the missing clue or a process that would work for me...

I have done extensive work with the energy of thoughts, using NLP, and the body's energy, in doing CranioSacral Therapy and energy healing. Through this work, I found out by accident what stops the Law of Attraction from working consistently

As I started using certain energy techniques, I noticed that I began being much more intuitive as well as manifesting experiences I wanted.

## **My story**

When I was a child, I found that things I thought about a lot often came to pass. If I drew pictures of what I wanted, or daydreamed about it and imagined what it would feel like, it would happen. And the results would be remarkably like what I had pictured. Even at a young age, I was smart enough not to mention this to anybody.

I successfully used the Law of Attraction into my early teens, even though I didn't admit a belief in it. It's just so nice to think about things you want and daydream about things going your way. So, often reality would follow suit and go my way. But doubts had crept in. Maybe it was a coincidence that I made that friend. Maybe it was wrong to desire easy success in school.

Then the results diminished. Even when I did get something I wanted, the dress was blue, not pink. The birthday party was nice, but one important friend didn't make it. I got to go on the vacation, but did not experience all the delights I desired.

In my early 20s, in a relative's library, I found a paperback book, written by a psychic. (*How to use ESP: The Hidden Power of Your Mind*, by Dorothy Spence Lauer with Brad Steiger.) The book was dog-eared, heavily marked and falling to pieces. Among other things, it gave instructions for using thoughts and feelings to get what I wanted out of life.

Wow! I was not the only person in the world who knew this. I might be the only person in *Michigan* who knew it, but it was wonderful to have someone give credence to one of my silly beliefs.

Suddenly feeling that it was okay to believe in the Law of Attraction again, I went through another period of creating experiences I liked. I had smart, fun friends, saw

wonderful concerts and art exhibits, worked a fun job, had delightful boyfriends, traveled to interesting places and had many adventures.

It was a lovely, satisfying time, until I created myself an acceptance to a prestigious university nearby, which had previously refused me. That education focused my attention squarely on my intellect and drummed it into my head that the intellect was all that mattered. My grade point average became the measure of my validity as a human being. The magic stopped and was forgotten for many years.

Don't think for a moment that I wasn't still using the Law of Attraction. Remember, according to the Law of Attraction, you attract experiences that resonate with the sum total of your thoughts and feelings. However, I was certainly not using it consciously, and more and more, I was attracting things I feared, things that were not quite what I wanted, experiences that were sort of like what I wanted but not quite, and not very satisfying.

I attended a church that teaches science of mind and was told by one and all that my problem was negative thinking. I worked to change my thoughts. I became one of the most optimistic darned optimists you'd ever meet, in spite of my upbringing.

So the magic returned to my life, right? Well, sometimes it did. Life was good a lot of the time, but I still felt bad too much of the time. Sometimes, it seemed the more positive I got, the screwier my manifestations were.

The older I became, the more I was riddled by groundless fears and unaccountable depression. I struggled way too much to have fun. I had lousy experiences that I was sure I had never spent *any* time thinking about, much less had focused on. Clearly, I had unconscious programs that opposed my conscious desires.

Every time I encountered a book about the Law of Attraction, I would study it. Results were either breathtakingly miraculous or apparently nonexistent. Several books and programs had me reprogramming my subconscious mind with affirmations, belief changing techniques, and self-hypnosis. These got me results, but very, very small ones for the huge effort I put in.

One popular book said I had to maintain positive feelings for a whole month. If I felt a negative feeling, I'd have to start all over. I checked the actuarial tables and discovered that my lifespan might not be long enough for that, as often as I had to start over.

## **Good Information**

One author, Bob Scheinfeld, (*The Invisible Path to Success*) was exceptional. He had noticed that the Law of Attraction didn't seem to work all the time. He hypothesized that

we were put on earth to follow a specific plan and our higher selves wouldn't let us have certain experiences that were not a part of that plan. I really appreciated that someone had finally had the courage to admit that the "Law" didn't seem to work all the time and developed an intelligent theory about.

More recently, Scheinfeld radically expanded his view of reality, and has come to believe we can throw off our limits. (*Busting Loose from the Money Game.*) He has contributed important ideas to my understanding and I highly recommend his work.

The other highly valuable material I found was the Abraham channeling of Esther Hicks. Abraham described the whole process in a way that made sense and which also jived with all my experiences.

It is my opinion that Abraham is the real deal and the Hicks material is as accurate as any you can find. According to Abraham, the Law of Attraction works well when we identify with the spiritual ("non-physical, pure positive source energy.")

Whenever I could follow Abraham's advice to go with the flow, I started to have some success at attracting a pleasanter reality. But I had been trained for many, many years to do anything BUT go with the flow, and I was in the throes of a midlife crisis, so I found it quite difficult to trust.

Listening to the Abraham CDs has always been helpful to me, but I had a long way to go, moving at a snail's pace.

## **The Law of Attraction appears on Oprah**

When the movie *The Secret* came out. I was intrigued. Here were all these successful people telling me how to use the Law of Attraction by thinking thoughts. I'm really good at thinking thoughts! I had honed my thinking skills to razor sharpness in college.

The experts in the movie said I could order all the stuff I wanted in life just as if I was shopping on eBay! I'm really good at shopping on eBay, too! Maybe this was easy after all.

After seeing *The Secret*, and following all the directions, guess what happened? Nothing much. I had panic attacks in the mornings. When I wasn't in panic, I was annoyed. Why couldn't this stuff work for me when it had once worked so well? Whatever the secret was, they weren't sharing it.

After that, I became just a little obsessed with the Law of Attraction. What was the real secret? I read all the books I had read before, as well as any other books I could find on the subject. I trawled the net, searched Amazon. I spent money on coaches, classes,

books, CDs and DVDs. Is it the Law of Attraction or the big coincidence of attraction? I was going to find out!

### **The complete picture**

I finally know the secret. Once I started getting results, though surprising means, the pieces of the puzzle began to click together.

Most of the material available had neglected to mention or emphasize certain points.

- A. The Law of Attraction works in an entirely different view of reality than the one in which most of us believe
- B. The Law of Attraction works according to our thoughts and feelings, but most of those are not in our conscious awareness.
- C. The way most of us are trained to deal with our feelings blocks the flow of energy in our mind and body and interferes with our higher self's ability to create what we desire to experience.

The Law of Attraction is a metaphysical law and most people's beliefs are not consistent with the metaphysical principles. The Law of Attraction is contrary to what we were taught about achieving success, especially if you were raised Protestant...or Catholic...or Jewish...or Muslim...or atheist, for that matter!

Most of us have conscious access to only a tiny fraction of our thoughts and feelings. Furthermore, our society has trained us to be ridiculously materialistic to the point that we disbelieve anything we can't see, touch or prove. So we view feelings with deep suspicion and function only on facts.

Society has also trained us to repress our feelings so that we cling to them long after their expiration date, while keeping them out of our conscious awareness at all costs. And, it is these thoughts and feelings that we are mismanaging, which largely determine what experiences we attract.

### **Be open to a different reality**

The truth is the reality most of live in does not allow the Law of Attraction to work. There is a different view of reality that puts you in the driver's seat and allows you to determine the kinds of experiences you will have. In this paradigm you can find great joy. You are perfect as you are. You can relate honestly to others, accepting and being accepted. You do not have to compete. There is no such thing as scarcity. You can think of things you want and have them materialize.

I am not just talking about stuff, here, either. You can manifest happiness, confidence, magical moments and adventures of all sorts. You can have them materialize even when you haven't really thought of them at all!

Getting what you want will happen with regularity, but after a bit, you may begin to find that you are going to be happy whether you get the stuff you want or not.

### **This view of reality is mind-boggling but also very powerful**

What I am coming to believe is that we create our own reality- the whole thing, all the time! Science is coming to support this view more and more.

Most of us are so deeply immersed in our current reality that we are not in a place of limitless creation. But certain processes can free you; bit-by-bit from the stranglehold television has on your view of the universe. You can produce abundance, consistently, if not limitlessly.

### **I discovered what works by accident**

I came across about six books and programs, one right after the other, which gave methods for working with thoughts, feelings and energy to feel better. One of these worked better than the rest for me and I significantly improved my habitual feeling state in a fairly short time.

I started practicing and modifying these methods in my coaching and meditation groups and found that different variations work for different people. If you ran across just one of these approaches to feelings, it would be easy to dismiss it, if it were one that was not for you.

I noticed two unusual effects of from my new approach to my feelings and energy.

I had far more access to my intuition. And, they say intuition is only right about oh...say...100% of the time. I just *knew* a lot of things, without knowing how I knew them.

I also noticed that the things I thought about quite a lot were coming true more and more. What I wanted dropped into my lap from time to time. Sometimes wonderful solutions to problems materialized before I was aware of even thinking of them. As I learned more about how to manage my feelings and energy, this happened more often.

## **If I'm so smart, how come I ain't rich?**

Am I living in a wonderland of all my dearest hopes and dreams? More and more I am. I still have my limitations. I still believe in some limiting things – like calories and the stock market. However, the more I use the techniques I have outlined here, the better my life has become.

The degree of improvement I have experienced in my happiness is a quantum leap compared to any changes I ever made before in therapy, hypnosis, traditional prayer, NLP, visualizations, or energy healing.

## **What is the Law of Attraction?**

According to the Law of Attraction, your predominant thoughts and strong feelings draw similar thoughts and experiences and feelings into your life. I have encountered it over and over again in religious and metaphysical writings.

## **Your Thoughts and Feelings**

Thoughts alone do not create reality. But thoughts as they provoke *feelings* do create our reality; often in ways we don't understand. The law attracts things that resonate with the *sum total* of our feelings, good and bad, conscious and not conscious.

## **The Law is Inclusive**

The law operates on your thoughts and strong feelings. Whether you love cute little mice or hate icky little mice, you are thinking about mice and will surely attract them. The only way to not attract mice is to think of something else – say, cats.

## **Beliefs, Thoughts and Feelings**

We are all familiar with the Law of Attraction in action. Consider:

- the man who is accident prone
- the woman who repeatedly attracts the same kind of men in relationships
- your friend who always has things go his way
- a colleague who became a huge success almost in spite of himself
- my relative who fails despite being twice as talented as anyone else.

These people have created reality according to patterns that are probably largely unconscious to them.

It seems to some of these people that the Law of Attraction doesn't work. After all, who wants to attract accidents, bad relationships or failures? Despite what these people want,

they attract experiences according to thoughts and feelings. Some of these thoughts and feelings are so ingrained that they are not noticed.

What do you experience on a regular basis? What do you believe about it? I can guarantee you are using the Law of Attraction every single day to attract experiences that are good, bad or indifferent.

### **Science Supports the Law of Attraction**

A number of experimenters have produced *and reproduced* evidence that thoughts affect physical matter and affect, if not create reality.

In the late 1960s, scientist Helmut Schmidt found that individuals could influence the output of a random number generator with their thoughts (influencing the numbers to be less random.)

These experiments were replicated in the 1970's, and it was discovered that the expectations of subjects influencing a random number generator affected their results. That is to say, those who were optimistic could influence results in the direction they desired. The *pessimistic* subjects influenced the results in *reverse* of their intentions.

### **Your desires are often contradicted by your unconscious feelings**

Many, actually most, thoughts and feelings are *deeply* unconscious. You think about wild success, but your unconscious is programmed with a belief that life is hard. Most of our thoughts are unconscious. The mental programming that controls our behavior is often quite transparent to us.

### **Why bother with the Law of Attraction?**

If you want to know what the sum total of your unconscious feeling is, look at the world around you. That is what you create by default. If you do not want to create consciously, you will create unconsciously.

We are living in times that are difficult for many. It is more important than ever that we are empowered to create our own circumstances.

### **The process of attraction**

You think something. A *thought form* is created

*Emotion, or your state of being, propels the thought* according to the strength of the desire.

Your true self, or *non-physical being* has experienced your thought. It is real. It exists in non-physical reality.

The power of the thought and feeling *is accepted or resisted by your overall feeling state, created by habitual thoughts and feelings.*

If the desire is accepted, you feel relief, you relax, you are quickly propelled toward the physical reality of what you desire.

If you resist the idea of having the desire, you wonder how it could be, you think it is not possible, you continue to dwell on *not* having it, and then you will be quickly propelled toward not having what you want. This is very uncomfortable.

You allow the thought form to manifest in physical reality. Or not.

If you continue to vibrate in resonance with your thought form, it will manifest. If you resist, it will not manifest or will manifest differently than what you really want. Manifestation will be consistent with your feelings whether you are aware of them or not.

Consciously allowing physical manifestation requires sufficient vibration at the level of having what you want. (You must feel as good about the non-physical reality as you would if you had the physical reality.)

The level of desire or emotion that you feel creates a force behind your creation. If you resist every creation and never manifest a thing you want on the physical level, this flow builds up, nonetheless, with more and more force. This is why, when you “give up” on a desire it often suddenly materializes very strongly and quickly. You stop resisting it.

If you go with the force of your mental, emotional, spiritual creations, and enjoy the good feelings they create, you realize physical creation of your desire. This unresisted force allows creations to manifest physically after a time delay.

When you maintain a state of acceptance, it allows your creation to manifest. In this state of clarity and acceptance, your intuitions will bring you useful information about your desire. You will be led to whatever actions are necessary to bring it about.

## **Feelings are what make the difference**

The Law of Attraction works through the filter of our thoughts and feelings. Actually, it works totally on feelings. But feelings are the glue for turning thoughts into beliefs, so it seems as if your thoughts create reality. But it is your feelings that really make the difference.

Thoughts and feelings get in the way because they affect what you perceive.

They also affect what you *do not* perceive. Your intuitive voice may be telling you something important but you are too wrapped up in your stories about why you feel the way you do.

The thoughts and feelings affect how you are perceived, too. Other people sense what you are feeling and react to it, even if they are not consciously aware of it.

### **When the Law of Attraction works as we would like it to**

The Law of Attraction works in the present moment. This is why children often find it easy to attract what they want.

Often, people who meditate and quiet their thoughts or pray in such a way as to turn their concerns over to God, find that they begin experiencing things that they have wanted for a long time. They stay in the present and do not get involved in their stories about how things are.

### **What is to be done about thoughts and feelings?**

Can you turn off your thoughts and feelings? Not easily.

Perhaps you should reprogram them! Seems like a good idea...unless you have tried it!

Maybe you should try positive thinking. From now on, you decide, you will only think positive things. But, oops, you keep having negative feelings pop up out of your subconscious.

### **Thoughts and feelings are not the problem**

The problem is not that you have thoughts and feelings. The problem is that you have probably hung onto your stories long past the sell-by date and then repressed them so you barely notice the stale odor they emit.

The trouble is, they don't go away. They are still there.

When we experience something that does not feel good, we often stuff the feeling. The first reaction is to think of something else; turn on the TV, read a novel, phone a friend.

This distraction is ok in the short run, but we never get around to feeling the feeling. We cram it into the subconscious, where it stays, being a difficult feeling.

What is worse is that we use lots of energy trying to keep the feeling out of our conscious awareness. To make matters worse yet, we often stuff fear about the repressed feeling on top of the feeling itself.

You must learn to process your thoughts and feelings in a different way.

### **What does not work**

Most approaches to deliberate creation work to change the feelings.

Some are geared to reprogramming the feelings in the subconscious. Some are geared to positive thinking, so our beliefs and feelings will eventually all be positive. Some are geared to changing unsupportive beliefs, which are stories about reality held together with the energy of feelings. They teach you to put the right stuff “out there.”

Left to its own devices, your core self or higher self will always put the right stuff “out there.” But expression of the higher self is distorted by all the “programming” and repressed feelings about things, much of which is limiting and unpleasant!

### **Why are feelings a problem?**

Feelings are not a problem at all.

Feelings are passing through us all the time. We feel them in our bodies and they give us valuable feedback about what is in the environment.

Feelings are just energy, so when we cling to them or repress them, we keep them in our energy field (which includes the body.) They build up like soap scum on the shower door and obscure our view of the world. They obscure how we see the world, and obscure how the world sees us.

### **Handling bad feelings**

Watch how very young children handle their feelings. Two kindergartners may get into a squabble and vow never to speak to one another again. A day later, they play together as if nothing happened.

They feel the feelings. Then they let the feelings go.

### **Feel the feelings. Then, let them go.**

It is just that simple. Feel the feeling. Let the feeling go. Most of us have so little facility with this that we need directions. I know I did.

How do you feel a feeling? You feel it in your body. Yes, in your body.

Many of us habitually keep our consciousness out of our bodies because of chronic pain or childhood trauma. It may not be comfortable for you to be fully in your body. If you are living in your head, I recommend you at least get in to your body periodically to check for messages. The body is what gives you feedback.

Most of us feel feelings in our chest or stomach. Different feelings may register in different places. I tend feel fear in my gut, and grief in my heart, and happiness in my solar plexus. But don't get hung up on what you feel and where. Just experience it. You can start looking for it in your center, but don't be surprised if it turns up somewhere else in your body or head.

Negative feelings we repressed seem too scary to experience, but often, if you just go ahead and experience it, the feeling is surprisingly fleeting and subtle. The repression makes the feeling seem bigger and badder than it is; like the Wizard of Oz behind the curtain.

Feel your body. Bring your attention to your trunk. Think of something that makes you a little uncomfortable. Don't overwhelm yourself with your most serious problem. Pick something minor to play with. Just play with the discomfort it makes you feel. See where you feel it. Focus on the feeling. *Do not* think about the story, or event or cause of the feeling. Do not think at all. Just see what the feeling is like, and where you feel it in your body.

Chances are, you will discover the feeling is not all that bad when you let it come up and feel it. It may even be gone before you can examine it. Many, many feelings are very subtle and ephemeral when you simply allow them to be.

### **Feelings are your clue to what is in the unconscious**

Your feelings alert you to the presence of unconscious beliefs and thoughts. Think about something you want but do not believe you can have. Notice the feeling in your center. If you don't believe you can have what you want, I guarantee you are feeling a pang of discomfort somewhere in your heart or gut region.

That pang tells you that you have some unconscious belief about not being able to have what you want. Just feel that feeling. At first you may resist. It isn't a nice feeling and you don't want to feel it. If you avoid feeling it, you repress it. It will still be there in your unconscious waiting to stab you again, later. Just feel that pang just notice what it is like.

The subconscious memory associated with that feeling may come to your conscious awareness or it may not. It doesn't matter whether it does or not. Once you feel the feeling, you can release it and let it go.

As you go throughout your day, notice when you feel the discomfort of a feeling in the middle of your body. You may or may not know what caused it. Just welcome the feeling and let it go. Imagine it drifting out of your body.

### **Nothing to fear but fear itself**

Fear and trauma are feelings that cause industrial strength blockages. There is a reason for this. I am not talking about the fear that makes you slam on your brakes to avoid a collision, or the fear that makes you run extra fast to grab your toddler as he heads toward the street. These fears are useful.

I am talking about generalized fear. The kind *you can't do anything about*. Fear is a great survival mechanism for your physical self. But, free-floating anxiety is totally incompatible with your non-physical view of the cosmos. That is why ungrounded fear can be so very uncomfortable.

If there has been trauma, it can cause us to become hyper-vigilant, clinging to the fear more tenaciously than ever and accumulating other fears that feel similar to us. Often our natural reactions to trauma are thwarted by our reasoning mind, so we are unable to complete the process and get over it.

If you seem overly fearful or unduly anxious, you may have had some trauma. Even though you cannot remember an event that qualifies as trauma to your adult mind, there may have been something way back when that you felt as trauma.

If this is the case, I recommend you **find someone to hold your hand**. Find a competent therapist who specializes in treating trauma.

### **Let your feelings go and let the Law of Attraction work. It's all you really need to do!**

If you simply release your feelings as they come up for a period of time, (I would say 20 to 30 minutes a day for a week or two,) you will begin experiencing magical coincidences and manifesting situations and things you want to experience.

You do not have to focus on them or visualize them or say affirmations about them.

## **What letting go of feelings is like when it works**

After I had been feeling my feelings and letting them go for about two weeks, I immediately felt lighter and happier. I made more progress in a couple weeks than my prior years and years of self-improvement.

I also had some days in which I felt very weird. I also noticed that some of my subconscious material became conscious. I began to hear some of the voices in my mind that had always been subliminal before. Many of them were not very nice! I could see why this stuff had caused me problems!

When these voices were unconscious, I must have accepted them! When they became conscious, they sounded as illogical as they were. I could and did dispute them and after a little while, they stopped. My thinking would go something like this:

Voice: You don't know what you are doing!

Me: Where did that idea come from? I know what I'm doing!

Voice: She doesn't like you.

Me: There is no evidence of that!

It felt a little crazy at times, but I felt better and better as I went on.

## **What you can expect as you let your feelings go**

I recommend you spend some concentrated time on this when you first try it. Keep at it for 45 minutes to an hour the first time, to see what the results will be like.

After that, 20 to 30 minutes a day can get wonderful results. More time per day is fine. You will probably find you need to do more of this work some days and very little on others. It will depend on what feelings have come up to be let go.

At first you will feel light and happy. You may notice subtle shifts in your reactions. You will be slightly more tolerant, slightly less worried, and slightly less bothered.

You will probably experience some nice coincidences and pleasant surprises within a week or two.

Sometimes you will hit on the mother lode of feelings and it will seem like a bottomless well of feelings that you cannot let go of completely. Like pulling baby wipes out of the box, you pull up one and another follows.

It may take quite a few sessions of feeling and letting go before you see relief from this particular family of feelings. Keep at it, when they are gone, they'll stay gone and you will feel better again.

Other feelings may dissipate quickly and clear up like magic.

Sometimes you will have memories that go with the feelings you are releasing. These can be quite interesting and surprising. I had one memory of being in my crib at night, and thought "wow, I've felt like this for a long time."

Resist any urge to analyze these memories. Let go of them along with the feelings.

## **Intuition**

When your feelings are flowing and are no longer in the way, your ability to hear and understand your intuition improves radically.

You begin to just *know* which decision is correct. You just know what action to take. You will be divinely guided to do and say the right things a lot of the time.

The way intuition works is quite magical, and yet it will seem very ordinary; like the next logical step.

## **Caution**

Your intuition will rarely, if ever, lead you to do anything wild or crazy. Trust it, but don't play in the street. Play with small, low risk decisions at first. Until you have really let a lot of your feelings go, they will hide in the unconscious and interfere with your discernment.

## **Other things that help you make Law of Attraction work**

Until you start seeing results from your new handling of feelings, you can get very impatient. Your intellect may start telling you that you are wasting your time. It is a poor master, but makes a great servant, so give it some chores to do!

## **Experiencing more activities that create good feelings**

Make a list of the things you love to do...the ones that are legal.

Pick the ones you don't experience very much and see if there are easy ways you could add those things to your life. Even small activities like more bubble baths or time

reading trashy novels can improve your quality of life.

It also sends a message to the universe that you mean to attract more good things into your life.

### **Space...the Final Frontier**

If you are having a new piece of furniture delivered, you will clear a space for it.

When you desire good things in your life, you need room for them, too. The Law of Attraction will not work if you cannot accept delivery of the things you want.

If you want a relationship, make sure you have time for it. If you want more money, know what you will do with it and how you will manage it. If you want business income, have an account to receive it.

### **Creating Flow**

Some conditions are guaranteed flow stoppers and need to be addressed in order to create things you desire.

If you have unfinished business with people; phone calls not returned, quarrels not made up, apologies due, or even money owing. Try to clear these issues up.

If you are avoiding something like filing your taxes, seeing the dentist, visiting Aunt Lucy, facing up to a job or marriage that is not good enough, take a look at it and do what you can about it.

I recommend you make a list of all these things (or else you will forget them because you don't like thinking about them.) Take some small but positive action about them every week.

## About the Author



Ruth Wilson Zamierowski

I practice NLP, energy healing and CranioSacral Therapy, all of which can help people change their energy to improve the way they live and feel.

I have been fascinated with the notion of the Law of Attraction since early childhood. I have tried many, many approaches and methods for deliberate creation, but discovered by accident, the way to clear the subconscious material that hinders most of us in getting the results we want.

I have studied most of the material available on the subject and find much of it is incomplete or fails to stress the important points.

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