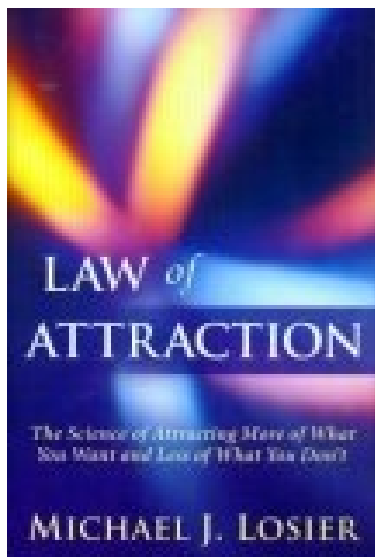


Law of Attraction

The Science of Attracting More of What You Want and Less of What You Don't

By Michael J. Losier; Wellness Central, 2007

BOOK OF THE WEEK:



Remember those rare and unimaginable occasions when you ceaselessly wished for good things then suddenly every crumb of it came true? How about those electrifying junctures when you felt extremely lucky because the more you mulled over your castles in the air a promotion, a salary raise, a high mark in an exam, or a good man/woman for a partner also seemed to be taking its course in your favor? And how could you forget that stupefying second when you were thinking of a long-lost friend and unexpectedly, the phone rings and it was exactly that person you had in mind? According to Michael Losier, these are moments that a simple stroke of luck could not account for; it is during these circumstances, he claims, when

forces of the Law of Attraction are at play.

The Law of Attraction may appear synonymous to karma, serendipity, fate or good fortune, yet there is to it a more profound purpose than most people could understand, more so believe in. With the Law of Attraction, Michael Losier informs (his readers) that you have the power to control what comes into your life, whether positive or negative. And as soon as you know exactly how to make the Law of Attraction work sanguinely in every aspect of your existence, you would be amazed at how much you are opening yourselves to magnificent possibilities.

[read the summary](#) ➔

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More Than a Love Story

You might get the almost immediate impression that the Law of Attraction, as the name purports, concerns only your love relationships and all the stirring tales therein. Yet this is where the author proves you wrong. He does so by first setting out a working definition of the concept. In the book, Michael Losier describes the Law of Attraction as: I attract to my life whatever I give my attention, energy and focus to, whether positive or negative. With this sweeping definition, the author slots in that apart from personal relationships, the Law of Attraction figures in as well in your education, friendships, careers, health, and even finances.

Central to the notion of the Law of Attraction is the potency of your thinking: it forcefully “filters” a multiplicity of human experience. A number of authors have buttressed the Law of Attraction along this line:

What you radiate outward in your thoughts, feelings, mental pictures and words, you attract to your life.

- Catherine Ponder, Dynamic Law of Prosperity

Every thought must manifest according to its intensity. The slightest thought of Intelligence sets in motion a power in the Law to produce a corresponding thing.

- Ernst Holmes, Basic Ideas of Science of Mind

You are a living magnet; you attract into your life people, situations and circumstances that are in harmony with your dominant thoughts. Whatever you dwell on in the conscious grows in your experience.

- Brian Tracy

By mentioning these assertions, Michael Losier avers just how overwhelming the workings of the mind are, prompting you to realize that your desires or aspirations are not too far off because you can make them happen by fervently thinking (and believing) that they will.

Making Those Vibrations Work

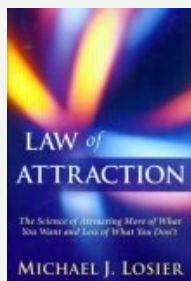
In the book, the author introduces the word *vibe* (short for vibration), which he describes as a mood or feeling that you pick up from someone or something. Vibrations maybe positive or negative, and every mood or feeling you convey generates (only) either of the two: it could never be both at the same instance.

Most of the time, you never pay attention to your moods or feelings in the sense that you try somehow to anticipate what you can get out of harboring them. Little did you know that the moods and feelings you engender are significantly impinging on the Law of Attraction and as such, create a variety of consequences or upshots deep into your life.

The author demonstrates this so-called “vibrational effect” through the Observation Cycle:

1. First, you observe what comes upon your lives, whether positive or negative.
2. Second, in the process of observing, you are launching either a positive or negative vibration.
3. Third, the Law of Attraction responds exactly to the kind of vibration you are unleashing.
4. Lastly, you pick up and experience what you were vibrating, whether positive or negative.

ABOUT THE BOOK:



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In this manner, you see the spanking proof that even with what Michael Losier dubs as, non-deliberate action, you are indeed a living magnet, drawing just about everything stirred by your thoughts.

While by no means an exhaustive list, the author enumerates some examples of feelings that spawn positive or negative vibrations:

Positive	Negative
Joy	Disappointment
Love	Loneliness
Excitement	Lack
Abundance	Sadness
Pride	Stress
Comfort	Confusion
Confidence	Anger
Affection	Hurt

If your moods and feelings are radical boosters of your vibrations, your words are also as potent for they structure your fundamental thoughts. And if there is such a thing as a positive or negative feeling, there is also such a thing as a positive or negative word. Yes, your words undeniably say it all. When your words are predominantly negative--making use of expressions such as no, not, and don't-- you are inadvertently giving more attention and energy to what you do not want, consequently sending off a rather pessimistic vibration and magnetizing precisely that which is negative. Conversely, when yours are declarations of optimism and faith, you bring about good vibes, thus, end up with good experiences.

So whether you like it or not, the Law of Attraction readily responds to every vibration you give off. By transforming negative expressions into statements of positivity, and by being more conscious of your feelings and the vibrations they churn out, you begin to be in command of things that transpire in your life and are able to, as Michael Losier puts it, attract more of what you want and less of what you don't. Yet how exactly do you go about the process?

Taking Control: The 3-Step Formula for Deliberate Action

Now that you have grasped fully how your thoughts and feelings affect your experiences, you can see your self embracing more of the positive and eschewing the rest of the negative. But things will not smoothly turn up if all you do is sit and passively deluge your self with wishful thinking. In order to make the Law of Attraction come off, you ought to take an active part in it. You simply do not let the future happen; you design it.

The next move is to purposely make the Law of Attraction work to your advantage and start creating wonders. You can do so by pursuing the 3 pragmatic steps that the author outlines. Though not a total panacea, accepting them can aid you as you search for what your heart and mind truly yearn for.

Step # 1 Identify Your Desire

- **Know What You Want.** Muster a substantial amount of courage to point out what is it specifically that you want for yourself. Neither tread on ambiguity nor dab your high spirits even with a tiny tinge of misgiving. Remember what Napoleon Hill said, only one emotion (and vibration for that matter) could occupy the dominating influence of your mind. In this case, the Law of Attraction will respond positively to your positive vibrations which you must sustain persistently; popping in a goblet of the negative will surely defy the purpose.

Make an inventory of tangible or definite things you want in each aspect of your life. Write them down explicitly in the same way you have formed them in your thoughts. Radiate optimism, but try not to dwell on items which you know are close to unreality and are far from materializing. By knowing and declaring what you want (and obviously what you want is no less than the positive), you leave no room for the negative to settle in.

- **Gain Clarity from Contrast.** Even when you know what you want and give it tremendous attention and drive, it is still imperative that you attain a sizeable awareness of what you do not want, or what Michael Losier labels, contrast. Contrast is inherently negative, something that you wish to change or completely cast off. When you observe contrast and straight away recognize it as something that you don't like or doesn't feel good, you become more resolved in indicating what you want. Simply put, you gain much more clarity of the positive which you desire as you expertly mark out the contrast.

It would be just as beneficial to write down the contrast in each area of your life and also indicate its matching positive facet the thing, scenario or experience that you actually want. Try to note as many contrast as you could remember. The more contrast, the more clarity you gain. However, bear in mind that you must not consume too much time and energy laying claim to your contrast, otherwise, you end up sending off negative vibrations which, again, defies the purpose of making the Law of Attraction work favorably.

Step # 2 Give Your Desire Attention

- **Think Happy. Talk Happy. Be happy.** Did you notice how you get ecstatic when you have your plans all firmed up in your mind? Don't you just broadcast your ventures to the whole world, telling people of how you would do this to accomplish that, how you would want to see your dreams coming to life and how this would make you and the people you love happy, how you actually envisage your attempts turning out so well, celebrating proudly as if you have already won and reveled in the sweet taste of success? If the author were in front of you, he would have surely granted you an A for mastering his precepts.

After identifying what you want, this is the second point that the author encourages you

to practice: to think and talk about your aspirations as if they were under your noses, to focus your attention on possibilities, and to channel your energies to trajectories of anticipation. You can achieve this by forming concrete desire statements that enable you to be more attuned to the goals, dreams and desires that is supposed to be inside your vibrational bubble.

This way, the mental euphoria gets to be manifested in the vivacity of your spirit, the enthusiasm of your words, and the cheerfulness of your disposition. In the end, the Law of Attraction responds to you more auspiciously than ever.

- **Affirm (Only) the Truth Inside You.** In the process of sorting out the contrast from your desires, acceptance of your current state of affairs is also of paramount importance. By admitting what is wrong with your life, you also

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Michael Losier (Low-zee-eh) lives in beautiful Victoria BC, on Canada's west coast.

He is the author of the best selling book: *Law of Attraction: The Science of Attracting The More of What You Want and Less of What You Don't*.

Michael travels world wide teaching 1,000's of people in live training sessions, how to use Deliberate Attraction – the a rtful application of Law of Attraction.

He has been interviewed 4 times by Oprah Winfrey on the subject of Law of Attraction on her radio show Oprah & Friends.

His French version of his book has recently became the #1 French book in Canada. His book is being translated into 21 languages over the next 6 months.

Michael has a reputation as being the "How-to Guy" from his how-to Law of Attraction book and his interactive, content packed seminars.

For more information about the author, visit <http://www.lawofattractionbook.com>

become clearer about the (positive) things you want in order to bring about change. It is at this juncture that affirmations become useful for inspiring yourself despite the contrast you go through. Affirmations, being largely positive, are moral boosters that trigger an equally positive feedback of the Law of Attraction.

In spite of the contrast you have identified, affirmations help you to remind yourself that you are still in good shape and that you are in fact in the throes of making yourself even better. However, you must guard yourself against affirmations which, you know, are not entirely true for yourself. You can never feign the truth; affirmations along this line only create negative vibrations because what you harbor are misgivings about your own self. In turn, you fend off what should have been the positive outcomes of the Law of Attraction.

The task is to re-state your affirmations in the form which says that you are in the process. Averred this way, the promise of manifestation creates a good feeling about your self, thus, sending off a good vibration which the Law of Attraction responds to positively as well.

Step # 3 Allow It

• **Dispose of Doubt.** By this time you know perfectly well that the only way for the Law of Attraction to work advantageously is to embrace positivity. Yes, it is all about positive thinking and allowing your mind and heart to be filled and ruled by pleasant emotions such as faith, hope, trust and audacity. With these, you create a bastion of positive vibrations that bring your desires to fruition.

However, this bastion would collapse the moment you let in any doubt that causes negative vibrations. Doubt is the ultimate culprit in the stoppage or failure of your desires. It yields resistance, something which the Law of Attraction consequently battles with. Now you must be aware that when your desires take too long to materialize, there is no one to blame but yourself. The Law of Attraction responds to what you give out, positive or negative.

At the outset, you were reminded of the supremacy of your thoughts and emotions and that you, yourself, have the power to control them. But no matter how much knowledge you have of your wants and yearnings, and no matter how many times you assert and unscramble them from the contrast, or tell the whole world about them, when there is a trace of disbelief right from your own mind, these desires remain figments of your imagination.

As the author puts it, in order for your desire to come to life, you must allow it. By allowing, the author meant that you should open yourself to the aura of optimism and close in on fear, skepticism, paranoia, cowardice, and all other negative emotions and beget nothing but negative vibrations which the Law of Attraction is naturally "allergic to."

• **You Are Not Alone and You Are Not The Only One.** Your doubts about the fulfillment of your desires and aspirations are spawned by what the author terms as limiting beliefs. These limiting beliefs are actually caused by what you see as your depressing state of affairs, more like the contrast that you would want to change. These limiting beliefs may take the form of:

I can't because...

- I am not that good
- I am too fat
- I am not that sexy
- I am too old
- I am not very pretty
- I am not rich
- I don't have a University degree
- I don't have a high-paying job
- My relationships are always a failure

...and all other negative statements which make you underestimate your own self and push it to the brink of misery, self-pity and hopelessness. These limiting beliefs are antithetical to the positive mechanism of the Law of Attraction. By engulfing limiting statements, you send off more negative vibrations that are anathema to the process of allowing.

Start realizing that you are not so bad at all, and if it is any consolation, there might be hundreds of other people who may even be worse than you are. Remember that there are still other great things to be thankful for and other reasons to feel good about your self. You may not be very slender, but your friends love you and appreciate your noble character. You may not be very rich, but you touch other people's lives by sincerely giving your selftime, effort, understanding and love. You may not be a whiz kid, but you create music from the heart and dance gracefully like the swan.

You see, things will not get better by thinking about what is worse, what is wrong, and what could have been. The chances that your aspirations will pull off are tapered by your own qualms about them. But if you spot those other things that are worth keeping and celebrating for, and by constantly telling yourself that you are close to getting what you desire as nothing or no one can stop you, your strong-mindedness would cause the Law of Attraction to work positively in your life.

A Case in Point: Attracting Your Ideal Relationship

“My dates were always a disaster, what do I do next?”

You probably had quite a number of dates which gallingly flopped in the first meeting. As expected, you went home each time, disgusted, distressed, enraged, and hurt. Because of the number of times that this dreadful scenario transpires, you end up berating your self, blaming “you” for your misfortune, and repeatedly asking, “What on earth is wrong with me?” As you utter these words to yourself, you create negative vibrations that “force” the Law of Attraction to respond in the same manner: negative.

The truth is there is nothing wrong with you per se;

there is something wrong with the way you think and feel about yourself. As you rationalize your failures by condemning “inwardly,” you find yourself in an eddy of self-doubt that perpetuates even more negativity. Hence, your dates seem to fail because you anticipate or preempt that they will. This becomes a vicious cycle in your life because the more you give attention and energy to the negative, the Law of Attraction will give you more of the same.

The key is to (again) feel good about yourself. Shower it with true affirmations. Be hopeful, but not assuming. Look forward to the positive and tell yourself that you are in the process of achieving your ideal relationship and in doing so, you are also in the process of becoming more open-minded, more discerning, more kindhearted, more tolerant, and most importantly, more positive.

It would also be helpful to identify the traits of your ideal man alongside the contrast. Yes, write them down. Write them down and keep them in mind. This will enable you to determine who among your list falls closely to that which you desire. And when finally, you feel closer and closer to finding that gem, speak about. Celebrate the excitement, the experience of waiting, the challenge of searching. Then you'll be surprised that before you know it, the Law of Attraction has brought it where you would no longer seek.

Express Recap: Positive Thoughts = Positive Results

No need to say more. Take a crack at it. See how your positive thinking could affect every aspect of your life in ways unimaginable. For the Law of Attraction is as compelling as the Law of Nature or the Golden Rule: it can never be defied and escaped from.

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