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Learn How to Apply the Most Powerful Universal Law to Create Your Ideal Life

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*Master Your Life Using the Law of Attraction*

*Special thanks to: All the motivational, spiritual, and inspirational writers and speakers who have helped me to improve my life*

*I wish to thank you too, the reader. If you can change your life for the better then the reward I get will be pure joy. Please let me know how you are doing and progressing*

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# Master Your Life Using the Law of Attraction.

Richard D Ingersoll

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## Introduction

The Law of Attraction is a constant law of the universe which states that we attract into our lives the things that we think about. In fact, every element of our lives has been attracted by our thoughts. The more powerful and sustained the thought, the quicker it manifests in our reality. In learning to use the Law of Attraction, we must accept that the things in our lives that we do not like have been attracted by us, every bit as much as the things in our lives that we do enjoy. Furthermore, there are many spiritual tools and methods by which we may enhance our understanding and use of the Law of Attraction.

For the scope of this report, we will be discussing acceptance of our own responsibility in our current creations, as well as methods to begin creating once again and keeping our reality more in line with what we truly desire. Nothing is impossible, and whatever you want can and must become your reality if you truly utilize the Law of Attraction to make it so. This Law is infallible, as sure as gravity, so if you practice these principles, you can not fail!

Before getting into the good stuff, or how to bring about manifestation, let's first discuss the importance of accepting responsibility for your own life.



## Chapter 1

# Empowering Yourself by Accepting Responsibility

The Law of Attraction can be understood without being processed. To truly process the Law of Attraction, you must look at your current life, and rethink your past, becoming aware of how you attracted the good and the bad elements of your own life without realizing it. This is most easily done by beginning with the great things that have happened or that exist now in your life. There are two reasons for this. First, it's generally easier to remember the details surrounding a good memory than a bad one. Secondly, it's human nature to love claiming credit for something good. The good news is, you are completely correct and justified in claiming credit for the good things! You attracted them!

Think back to your childhood. There is going to be at least one major item you remember getting that was something you truly wanted. When you received it, your excitement was explosive. If you can remember the details of the time before you received this item, whether a bike, Nintendo, or something else, you may begin to piece together how you attracted it successfully. Were you obsessed with nothing other than that thing for weeks or even months leading up to when you received it? When you were thinking about it, did you feel excited

and anticipate getting it, or did you feel badly because you thought you'd never get it? Of course you felt excited! You anticipated it! You were manic over the thought of having that item. You didn't throw a pity party and sulk because you thought you'd never get your wish - that's not the "childish" way. You became so enflamed and excited with the idea of obtaining your desire that you magnetized it right into your life.

Now find something in your present life that you are grateful for, and which still brings you a sense of excitement. It may be your new computer, new car, enjoyable job, great friends, or anything similar. Think back to right before this item or circumstance came into your life - what were you thinking? What were your predominant feelings? I can almost guarantee they match very closely to your childhood feelings and thought processes. This is what works - this is what manifests.

Put any thoughts of luck, chance, or coincidence aside. There are no coincidences, no chances in life. There is no luck - you make your own luck. You didn't "just happen to be in the right place at the right time" - you attracted that circumstance to you. Go ahead and take credit for the good in your life. Even the things that do not seem like you had a direct hand in them - they were your doing. Hey, don't get cocky! Everyone can do this, and everyone does! But once you accept that you are the one creating your reality, you give yourself the freedom and control to manifest whatever you want easily.

Next, we need to take a serious look at the things in our lives that are or were bad. Painful times, unhappy times, and stressed times. Accidents, bad events, and just plain “bad luck” - all of these were also attracted by you. It's easy and tempting to claim that you were a victim of circumstance, chance, or poor fortune. This is merely a cop-out, and will do nothing to empower you. In fact, as long as you continue to give your power to the forces of “luck” or “misfortune” by believing that they exist, the longer you will remain enslaved in your current predicament. When you deny responsibility, you grant power to something else as able to control the events in your life. When you do this, you attract situations and experiences that prove to you that other forces do in fact control your life. Actually, this is just the Law of Attraction working for you again, but I think we can agree that we don't want to use the Law in this way. It is nonproductive and certainly does not help us to live the life of our dreams. Why give your energy away? If you try to use the Law of Attraction while still clinging to a victim-mentality over bad things, you simply further empower your victimhood, which means that more events must happen to prove that you are a victim. This means more bad experiences, more bad circumstances, more bad luck and more poor fortune. Is it really worth a life of misery just to prove that you are not responsible for that misery? Stop deluding yourself and seize control!

The old phrase, “God helps those who help themselves”, refers to the fact that you must accept responsibility and take action towards your dreams, and the rest

will fall into place. You make think of God, The Universe, and Reality as synonyms in this case.

Begin looking around in your daily life. When things are going wrong, stop for a moment and ask yourself why you created this situation. Ignore the defensive posturings of your ego - truly contemplate the question. When something wonderful happens, confirm to yourself - "I created this!" You must make a habit out of accepting responsibility for your creations. Once this has happened, your ability to manifest will be far stronger and more focused (which translates directly into speed of manifesting). Weak people blame others - the strong accept responsibility. By accepting responsibility, you return all of your energy to yourself, rather than giving it away to the many ideas by which you are used to accepting being a victim. There are no victims in this reality, as difficult and sometimes painful an idea as that may be to grasp.

## Chapter 2

# Predominant Thoughtforms and Removing Distractions

**S**o we attract our experiences by the thoughts that we have. Studies show that we think approximately sixty thousand thoughts every day! How do we know which thoughts will create results, and which won't? Which of our daily thoughts actually manifests into reality?

In this text, I will refer to the term “Thoughtforms” as thought patterns, or a grouping of similar thoughts. The answer to the above question is that our predominant thoughtforms are what will manifest. This can mean over a short period of time as well as over a long period of time. If our predominant thoughtforms are of lack, poor luck, and things not going our way, little events each day will affirm this and make things slightly worse bit by bit. The overriding, long-term thoughtform will cause our life to continue to degenerate over time; until we arrive in the living hell we were so afraid we would find ourselves. The good news is that this works equally well for positive thoughts. In fact, it has been proven that positive thoughts are hundreds of times more powerful than negative ones. It takes far more work to create a negative reality than it does a positive one, so for those of you living in your own personal hell, you can find your way

back to an ideal life with far less effort and time than it took to get you where you are today. To those of you wanting more, this is also great news, as abundance is the typical pattern of the universe. Abundant thoughts create more easily and quickly than negative thoughts, because they are moving downstream, so to speak.

Unfortunately, the world is currently in a mode of negative thinking. Fear, worry, stress, anxiety, and hurry are our enemies. You may argue that things are terrible on the planet, so it would appear that negative thoughts are more powerful than positive ones. Actually, there is just a much higher mass of negative thinking going on than positive, and you may well come to realize that you think more negative, “I don't want” thoughts than you do positive, “I desire” thoughts.

This is not entirely your fault. Take or leave what I'm going to tell you next, but it is true, and knowing can empower you to escape its influence on you. The world, more specifically those in power, does not want you to become free and happy. They want to use the Law of Attraction to advance themselves while keeping everyone else low and servile. This is a trait of lower-energy beings, and is simply part of the way this reality works. The most powerful weapon these beings have at their disposal is the media, and they readily use the media to keep you informed of all of the negative, heart-wrenching, fear-inducing events occurring in the world today. By keeping negative thoughts in your mind, they keep you from freeing yourself of the rat race mentality and taking control of your own life. The rat race serves the rich, but

not the poor. It is a powerful tool by which masses of people can be distracted for all the days of their lives, having no time, energy, or freedom to pursue higher understanding.

We are all raised to believe that the world is a tough place, that we must work hard, and that retirement is the “golden years”. What a bunch of hogwash. Do you view your golden years as constant hip surgery, or as swinging around the world on a cruise ship, adventuring youthfully through life? Make a resolution to free yourself of the work world, finding your own work that fulfills you. Whatever it is that you truly want to do is what you should be doing, and there will be some opportunity for you to earn money while doing it. Whether by taking a giant leap of faith or by taking baby steps, begin working toward your own goals, and leaving those of your boss and the corporation behind.

Do one other thing for yourself, especially if you are a heavy news addict. Detach yourself from the news for one week. Just one week. Seven days. That shouldn't be so difficult. You can always catch up when it's over, and if something really important is going on, everyone around you will be talking about it, so you won't miss it. Stop watching the news, reading the news, Googling the news... any method of news - world news, local news, entertainment news... ignore it all for one week entirely. I'm willing to bet that by the end of the week, you will have had a very positive experience and will be a bit reluctant to immerse yourself again to the degree you are now accustomed to in the News world. Negative news is

a distraction and a stress inducer. Both of these work powerfully against your attempts to create positive and happy experiences.

Another distraction that you must detach yourself from, especially if your financial life is suffering, is the distraction of debt. Believe me, I've been there. Ten calls each day from various collection agencies, threats, harassment, letters, emails... It goes on and on. If you are truly going to over turn your financial situation, you must create positive thoughts about your money. This is impossible to do with someone else shattering your good energy every five minutes by phone. For all unsecured debt, do not answer the phone, do not open the letters, and do not read the emails. Unsecured debt means they can't take it from you - all they can do is harass you. Cut this off at the source - ignore them completely. Resolve in your own mind to pay them back when you can, and then pretend as though they're not even there. For secured debt, do your best to get caught up for the month, and then ignore them until the next month's payment is due. It's amazing how harassing debt collectors can be even when you have JUST paid them. Make the minimum payment necessary for the month, then tell them you will be unavailable for a few weeks and will call them a few days before the next payment is due. They will still call, but you won't answer. By removing these horrible daily stresses, you can forget about your debt for long periods of time and begin focusing on creating an abundant financial mentality. By ignoring all of the debt I didn't have to pay and by only talking to the debt I needed to pay as I needed to, I was able to begin feeling

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happy about my finances again, which allowed me to begin finding new ways to bring in extra money doing things I enjoyed. In the end, I was able to blast all of the debt right out of the water!

Finally, if you are a parent, especially of fairly young children, your children are probably sucking up all of your time and energy. Of course, they're your children, and they need it. But you need your time and energy too, and if you're too exhausted to think, how will you ever begin taking control of your inner life? No matter how difficult it is given your current finances, find some way to begin budgeting a night out, at least once every month, to get away from your kids. If you have family that can babysit, all the better, but chances are if you do you don't need this advice - you're already doing it! For those of you without anyone to help, it is essential that you find a good babysitter and make use of them as often as you can afford. You need time to invigorate yourself, do something you enjoy, and get away from the nagging neediness of children. In turn, you will feel far less resentment towards your kids. Win-win.

Hopefully these ideas help you to get a grasp on some methods for overcoming the natural (and in some cases carefully planned) distractions in life that keep you from practicing healthier thinking processes and doing your Law of Attraction visualization exercises. It is important to make time for you, but it is also important that you do not feel worried, stressed or rushed during that time. You can raise the quality of your thoughts by raising the quality of your input, with little work needed on your part

other than strategically avoiding negative, worrying information. This alone will help you begin to succeed in manifesting.

## Chapter 3

# Detachment from Form

When you finally do begin working on visualizing your desires in an effort to bring them into being, it is important that you learn to detach yourself from the way in which your desire will manifest. A child thinks “I will have that bike!” The child doesn't think “Mother will give me that bike!” If the child did this, then any other possibilities would be limited. Grandpa couldn't bring her the bike, she couldn't win it in a contest... all other methods of manifestation would be halted. We often don't receive our wishes through the channels we expect. Allow this to be so without creating any notions about how your desires must come into being, and see how much easier manifestation becomes!

If you want to make a large sum of money, and you are currently selling something, don't focus on your product making you all the money. Simply focus on making all the money in itself. You may end up making it through unexpected ways. An idea may be given to you to create a new product that brings that money to you. You may win that money. Someone may give you that money. Don't limit the “How” when using the Law of Attraction - merely specify and focus on the “What”.

Do you want to be a lawyer? Don't focus on getting into Harvard Law. Focus on becoming a great lawyer!

You may find that another school accepts you and gives you a great education as well. Otherwise, you may find that it is far more difficult to manifest your desire. If you want love, focus on finding love. Don't focus on finding love with so-and-so! So-and-so just might not be up to it, and perhaps there is someone else behind the scenes of your life just waiting to enter and bring you the happiest relationship imaginable, but by limiting your thought to this one person, you have excluded the other from ever coming in. This may be the biggest mistake people make when learning the Law of Attraction. It is the universe's problem HOW your desire is accomplished. All you need worry about is giving sufficient focus to the desire. Why take on extra work, when that extra work will dramatically reduce your results?

Life is an organic, creative process. Life itself thrives on creation, and loves to create in a creative manner. When you give the universe free reign to produce whatever result you want in any way that it likes, it will find a very interesting, creative way to deliver your desire to you. Generally, the universe likes to surprise, delight, and excite you. Give it this option! Not only will you get what you want, but when the universe delivers a desire, it always over delivers. You will always get more than you wanted! It is impossible to be disappointed, and in fact anything short of ecstatic, when you do this properly. The universe delights in your delight - allow it to delight you in whatever way it chooses.

## Chapter 4

# Tools of the Trade - Lists, Posters, and More

**T**he more thoughts, energy and attention you give to a thoughtform, the more readily and quickly it will manifest into your reality. It is a good idea to keep your present desires and goals around in a form that will allow you to add energy to them by seeing them, thinking about them, or focusing on them every day. For this purpose, there are several excellent tools you can utilize.

A manifestation list is a good way to get started. Sit down with a sheet of paper or a word document, and begin listing everything you want. The car, the house, the freedom of time, the drum set, the X-Box 360, the beach house, the new Stephen King book... anything and everything you want. You can append this list whenever you want, and it can be a fun exercise to write out a page or three or four of all of the things you would love to have in your life. When you're done, hang it up somewhere like the bathroom mirror or your bedroom wall, where you will see it every day.

The list is a great starting point for other tools, such as the manifestation poster. Pick the top however-many desires on your list, find pictures of those items or pictures that represent to you the experience of your desire. Look in magazines, newspapers, etc. Cut them out, paste

them up on poster board, and hang your poster where you'll see it every day. This has the added benefit of visually flashing your desires into your subconscious every day, which will help in manifesting them. In addition, if done correctly, your poster will be something that you enjoy staring at. You will love to look at it, as it will represent the things that excite you. When you take a moment to look at it, you are adding thoughts, emotions, and raw energy to the thoughtforms. This will help them to manifest.

There are many ways you can take these ideas and run with them. How about a [screensaver on your computer](#) that runs through a large number of pictures you select to represent or show items or experiences you want to draw to you? How about your computer's wallpaper? What if you made many posters and put them all over your house? For the writers out there, here's a fun one. Write a story about you, after receiving everything you desire. Write just a two, three, or novel-length if you want, account of you enjoying and appreciating your new life. The process of writing the story will lend tremendous energy and emotion to your manifestation, and you will enjoy reading it once you're done.

Artists - paint a picture of a very happy you in the midst of your new house, car, or whatever. Surround yourself in your paintings or drawings with the things that you desire. Make sure you paint yourself happy in each, and then hang them around your home. The more you can surround yourself with the energy of your manifest desires, the faster and easier actual manifestation will be.

I also enjoy what I like to term “Bubble Bath Fantasy”. This is where I run a nice, warm bubble bath, ease myself into it, release my daily stress, and then begin fantasizing about having my desires. The bubble bath itself puts me into the happy, warm, care-free mode that makes visualization so easy. It also ensures I am in a private place - my bathroom - and will not be disturbed. From there it is easy to spend twenty or even thirty minutes exciting myself with visions of my future life. I find that my bath-time visualizations seem to manifest more readily than when I visualize in bed at night or in the morning, or while driving. I think the quality of experience (soothing, cleansing water, and relaxing bubbles) helps improve the quality of the visualization. It is also easier, while in this safe, detached place, to allow myself to become emotional and excited about what I am visualizing. I get some of my best inspiration in this state as well, and often find myself drying off quickly to run to the computer and begin on a new program, e-book or product that excites me.

During exercise is another good time to work on visualization. If you are running on a treadmill or on a track, you need minimal thought to do so. Meanwhile the endorphins you are releasing and the adrenalin you are producing allow greater emotional energy to be focused on your desires. You will probably note that your mind wanders already when you are exercising - why not direct that for your purposes instead?

Long drives or commutes are another time where you can work on visualization. These are times you can place

more thoughts on a thoughtform, although due to the focus needed to drive safely, you won't be able to reach the same level of focus as the other two times I mentioned.

If you are a musician, write a piece of music that conveys the freedom and sense of wonder that you wish to experience. Play that piece for yourself during your visualization exercises. If you are not a musician, you can probably find a piece of music that will accomplish this for you. Try classical, EZ Listening, or other instrumental sources - you don't need talking or singing in the music (unless it's gentle and in another language) or you may find it more distracting than helpful. You may pick different pieces for different reasons. Your running visualization may require something more upbeat and exciting. Your bath time visualization may require something more relaxing and peaceful. [For driving](#), you may want something steady yet not something that will put you into too deep of a state of trance nor a state of hurry.

Music is very powerful, and can be used for other purposes as well. When you are feeling down, or angry, or unhappy, use music to cheer you up. Find the pieces of music, songs, or artists that put you in a good mood, and keep them handy. If you have a computer but don't yet have a mobile MP3 player, I recommend you get one. For under fifty bucks you can get one that holds twenty to thirty songs, and often will attach directly to your USB port. You can copy MP3 files to it like you would to your hard drive. Having the music that allows you to lift your emotions and enhance your visualizations is absolutely



invaluable when it comes to changing your life for the better.

Be creative with finding other times and places in your daily life to visualize about having your desires. If you're alone in a restaurant, visualize while you wait or eat. If you're alone on a smoke break, visualize while you smoke. If you're trying to stay awake in a dull meeting, by all means visualize your life without meetings.

The more you integrate visualization into your daily life, the better the results you will obtain from your practices. Your thoughtforms will be stronger, your manifestations will occur more rapidly, and your life will change faster if you do this. Don't just let the Law of Attraction be something you “do” for ten minutes each night before you go to bed - integrate it fully into your life! It is the most powerful tool available to you, and you can truly have anything you want! Make a practice of working on your desires as often as possible, and the results will be more than worth it.

## Chapter 5

# Influencing Subconscious Will: Hypnosis, Mantras, and Mandalas

There is a piece of you that is very stuck in its ways. This piece of you has a great deal of influence over your ability to manifest your desires, and yet you probably know little about it. This piece of you is your subconscious. When your subconscious fully accepts and believes something, it simply is in your life. So making an ally of your subconscious is a very valuable step towards speeding up your manifestations.

The subconscious is resistant for the very reason I just specified - your reality is a tent, and your subconscious controls the tent poles. If your subconscious accepted everything it came in contact with, your life would be riddled with confusion, inconsistency, and a constantly changing field of physicality. This would not be conducive to a steady, enjoyable life, and could be compared more to a sea of turmoil. So your subconscious resists new ideas in order to protect you from this type of existence.

However, the subconscious is easily retrained, via constant repetition over a period of time. For this purpose, there are three fantastic methods by which you may begin

changing your subconscious beliefs and expectations to match your current desires. These are hypnosis, mantras, and mandalas.

Hypnosis is the most fascinating to me. By putting you into a deep trance, a good hypnotist is able to speak directly to your subconscious mind. By doing so, new seeds can be planted. The problem comes from the way in which the subconscious flushes new information. About two to three days after new information is absorbed, the subconscious flushes it out during your dreams. So if you go the hypnosis route, be sure to include several sessions to keep the new seed planted until it has time to take root. Once it has taken root, you can be sure that your life will change to match it very quickly. Is it worth 10 hypnosis sessions every three days for \$100 a session to instantly create an abundant mindset that attracts wealth? That's for you to decide. Luckily there are cheaper options, like [hypnosis CDs, MP3s or cassettes](#). These can be purchased at reasonable prices and if listened to over a period of time, will create long-term changes in your subconscious.

Another way of bombarding your subconscious with information until it accepts it is by creating a mantra or a simple sentence or phrase you can repeat to yourself ad nauseum. It should be fluid and slide easily across your tongue - if it's difficult to say you'll never stick to it. Several times each day, when you find some time to yourself or are alone (driving, exercising, etc again are great times to do this), simply begin repeating the mantra to yourself over and over, for a few minutes each time.

You'll note that after a minute or so it will take on momentum, and you won't have to focus much for it to keep coming out. This trance-like state also helps your mantra to sink more deeply into your subconscious.

Finally, a mandala is a symbol, generally circular, that represents something. Often mandalas are for states of mind. You can find [mandalas](#) in many books, websites, etc. It is often good to find one that is for your purpose, print it (or copy it), and make a cut-out you can use to meditate on. Most times, mandalas contain primitive symbols, shapes or colors that connect to a deeper part of your mind. By engaging in mandala focus each day, you will gradually begin to take on that state of mind more and more frequently. Simply gaze at the mandala for a few minutes, and attempt to keep your mind still.

What is the general period of time over which you need to do these things to allow the subconscious to accept your new desires or beliefs? The general consensus seems to be 21 days. Do a search on Google for "in 21 days" and see the large number of results returned. Programming, habit changing, business, etc. This is no mistake - twenty one days was shown to be the average period of time needed for the subconscious to permanently accept new information. It may take less or more for you - 21 is an average - but keep that in mind. Three weeks' investment isn't so bad when you consider the powerful changes you can make to your life. Listen to your CD, recite your mantra, or focus on your mandala each day for at least 21 days, maybe a few more to be safe. Have your hypnosis sessions staggered approxi-

mately ever 3 or 4 days over the course of three weeks. Explain to your hypnotist what you are doing and why, to allow them to better help you meet your needs.

## Chapter 6

# What Is Magick?

There are more, advanced ways to practice using the Law of Attraction. These, I generally term as “Magick”. Despite all the hoodoo some people like to surround it with, Magick to me is nothing more than a systemized, powerful way of working with the Law of Attraction. Don't let the word disturb you, you can call it what you like.

One technique that is very powerful, that many different religions or cultures use, is the ritual. A ritual is a pre-defined set of actions or words that are used, like an advanced mantra. Each part of the ritual is created specifically and with great purpose, to bring about a certain result. Many Wiccans, for instance, will dress in robes only used for their rituals. This indicates to the subconscious mind right away, “I am now working on the Law of Attraction - what I am now doing is special and sacred, apart from my usual daily activities.” For Christians, certain rituals are used to bring about a holy mood. Singing hymns together, reciting the Apostle's Creed, and taking communion are all excellent examples of rituals used to get the people into a certain state of mind and thought. Rituals, and Magick, are not some heathen activity, and those of you who are religious need not fear that there is anything wrong about them.

To craft a ritual, I recommend by donning [special clothing or a robe](#) that you only use during your rituals. As I mentioned, this indicates to your subconscious that what you are doing now is sacred and separate from your normal daily routine. Begin with an opening. This may be a prayer, an invocation to helpful spirits... basically whatever will make you feel safe, protected, and accompanied by a higher power in your space. This can take numerous forms depending on your spiritual or religious beliefs, so pick what feels right. Christians may open in prayer. Wiccans might open by invoking the elementals. Again, what you do isn't important, but the meaning it has to you is. Start by protecting yourself and signaling that this is a sacred event.

Next, find a way or ways to make your desire known. Bring forth pictures of your desired item, or pray aloud for your desired experience. You can even act out having your desire. This can be as serious or as silly as you like. What matters is that you plainly state your desire to the universe in a way that you understand and connect with. This will work on your subconscious as well. You will generally close a ritual by giving thanks, whether to the universe, to God, or to any spirits you called to protect you. Then remove yourself from the area, remove the special clothing, and relax back into your daily groove.

A ritual is a super-focused form of practice, and believe it or not a lot of energy gets stirred around when you do this in a way that is meaningful and sacred to you. All of this energy goes directly into the thoughtform of your desire, and helps to manifest it more quickly.

Other advanced forms of magick include [lucid dreaming](#) and [astral projection](#). Both are powerful, as you can not only visualize but experience your desires in a very real state. You can actually drive the car you want, walk through the house that you want, or experience the circumstances you want, all as real as if in your daily life.

Meditation is one of the most powerful and advanced forms of magick available, as you will learn to control your own mind. Learning to stop negative thoughts at the gate, enhance positive thoughts, and control your emotions is a skill that can best be described as nothing short of miraculous. The effects of mental control on your life can be immediately seen, and you will feel far more at peace as well. Meditation allows you to relax more deeply than you probably have in years, parse thoughts more effectively, and work through past emotions and traumas far more easily than when fully awake.

There are [fantastic CD programs](#) available to help you get on a fast-track to meditating properly. Look for CDs that will gently take you from beta brainwaves to alpha or even theta, with soothing sounds or music on top. Then you gently relax in your bed, an armchair, or anywhere you can get comfortable without falling asleep, and listen to the CD. Meditation helps dissolve stress, which will increase your physical and emotional health. Meditation also puts you in a state that is fertile for new ideas. If you meditate on a problem, you will very often find a solution. Meditating takes you out of your normal, limited thinking and allows you access to the genius that is within your subconscious.



Some of these techniques, such as meditation, may not be considered “magick” by most. But when you look at the results they can have, I can think of no better word for them.

## Chapter 7

# Conclusion

Let's put everything we've discussed into perspective. It is important to keep an overview of the steps necessary to create properly; otherwise you may find yourself stuck and not know why. We will review the important milestones of the creative process, and discuss again why each is so important.

First and foremost, you must accept responsibility for your reality. Everything, from the great to the horrid, the painful and the pleasurable, the ecstatic and the torturous, has been attracted by you! No matter how difficult it is to accept this, once you do the entire universe will open up to you. If you can not accept responsibility for the bad in your life, then you are giving your own personal power away to outside forces. By doing so, you are attracting more experiences that prove to you that malevolent outside forces are in fact torturing you, and you are powerless to stop it. Of course you can stop it any time by admitting that you are the one responsible. Once you have taken your energy back, you are more than one third of the way to creating your ideal life!

Remember, there are no mistakes, accidents, or luck in life. These are merely words used to deny responsibility for unpleasant (or even pleasant) creations that you have

attracted. Own your power, and you will experience your power.

Visualization, in a way that is fun and exciting, is your most powerful tool when it comes to attracting your desires. Imagining what you will feel and experience when your desires have manifested will add loads of energy to the thoughtform of your desire. The more energy and thought you put into it, the more quickly and accurately your desire will manifest. The more fun you have with it, the more emotion you will add to it. Emotion can be viewed as the gasoline that fuels the fire of creation, and excitement is your best friend.

Getting your subconscious to accept a new belief or desire is a surefire way of seeing your desire manifest quickly. To do so, you must use the prime doorway open between you and the subconscious - repetition. The subconscious only resists for so long before accepting new ideas, and once the subconscious accepts an idea, it will become readily manifest in your experience. For bad habits or unpleasantness, do not attempt to undo your subconscious beliefs, but rather replace them with positive ones. You can use a hypnotist, hypnosis CDs, mantras or even mandalas to impress your subconscious. The average amount of time the subconscious needs to accept an idea (with daily bombardment, or less in the case of actual hypnosis sessions), is 21 days.

In addition, if you can systematize your efforts in a way that is fun and sacred to you, you will add even more energy to the thoughtform. Rituals are a fantastic way to

do this, and learning to meditate is the most important skill you will ever master. Make an effort to de-stress and work on your desires a little each day, no matter in what form you choose to work on them.

## Chapter 8

# BONUS - Accelerating Your Progress

This final chapter is a very slick tip on how to advance faster than you normally would. It will require that you are able to visualize deeply for about a minute, no longer. You will want to perform this visualization once or twice a day for about a month. The benefits will be astounding, and the work will seem minimal compared to the results you will obtain.

First, you need to develop a symbol for yourself. This symbol needs to convey mastery over the Law of Attraction. You can use a mandala, or an occult sign (the eye in the pyramid), or any symbol that to you conveys mastery and attainment of a high spiritual existence. Create or find such a symbol - it needs to be something simple enough for you to imagine easily.

Now go somewhere private where you will not be interrupted for a few minutes. Put on some relaxing, soothing music. If you wear ritual robes or clothing, put them on. Turn the lights down, and light candles if you like. What you want here is to really impress the sacred nature of what you are about to do. However, you can do this while driving and it will still help. Remember, you are empowering a new thoughtform, and it will take root.

I have only seen this technique taught in one other place, and I have found it invaluable throughout the past decade in any field in which I strived to master. It is truly a dirty but powerful little trick! Here it is:

When you are relaxed, close your eyes and visualize yourself a year ago. Now visualize the symbol you have chosen on your forehead, glowing. Stay with that image for a moment, and then release it. Visualize yourself 5 years ago, and add the glowing symbol to your forehead again. Stay with it, then release. Visualize yourself 10 years ago, and do the same. Repeat for 20 years ago. If you're doing this right, you will visualize the glowing image on your forehead for about seven or eight seconds each time before releasing. You can stop at 20 years back or you can continue all the way to childhood, each time impressing the symbol that means mastery onto your forehead. Each time, focus for a few seconds, and then release the image.

Altogether this shouldn't take more than a minute or two at the most. When you are done, relax and breathe deeply for a moment. Then blow out the candles, turn on the lights, and get out of your ritual attire. You are done. You can repeat this in a non ritualistic fashion during your daily life by picking a different time period each time and only focusing for a few seconds on it. This way you can hit the visualization a few times a day, empowering a different past version of yourself each time.

The past, as the future, is nothing but pure energy, and no longer exists. You can alter the past as readily as

you can alter the future. What you are doing is bringing yourself to mastery faster by empowering your past self. You are literally changing the present by changing the past. If you stick to this for a few weeks, you will really begin to notice differences in your life and in your thinking. As silly as it sounds, this is an amazingly powerful technique.

Now you know how to proceed, and how to give yourself an unfair advantage moving forward. Take advantage of it! Part of owning your power is learning new and creative ways to enhance your power, and this is a prime example. Learn to think outside of the box. Time and space, they're merely illusion. The Here and Now is all there ever was, ever is, and ever will be.

Happy manifesting!

*Dick Ingersoll*

[Applying the Law of Attraction](#)