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## Putting The Action Into the Law of AttrACTION!

By Jeffrey Howard

The Law of Attraction has practically become a household word nowadays, hasn't it? Largely driven by the viral smash-hit success of the movie, *The Secret*, a massive resurgence of interest in Wallace D. Wattles 1910 classic *The Science of Getting Rich*, the recently released film *Pass It On*, Law of Attraction is the hot topic of conversation from boardrooms to bedrooms.

It really is a phenomenon to behold as all we unravel the secrets behind attracting whatever we want into our lives. And there is so much more heading straight into our paths. Can't you just feel it? We have reached that time in human evolution that the collective consciousness is shifting and people are coming to the realization that they do in fact have some control over what happens in their lives.

We are beginning to accept the possibility that life isn't just some random series of events. Whether we choose to do this consciously or just let our thoughts drift from one thing to the next, the fact remains that we are creating our own reality as we go. And since that is the case, doesn't it make sense to create our lives in the most conscious and intentional way possible?

So, for those of us who have studied "prosperity consciousness" for long periods of time and still come out wondering why things are not quite lining up as we intended, perhaps one little missing key to this magical formula is going to help move that process along.

Since I first started this journey toward creating my dream life about 30 years ago, after reading Napoleon Hill's classic *Think and Grow Rich* as a junior in high school, I have absorbed everything I could get my hands on with regard to the fine art of creating wealth, prosperity and the perfect dream life. I still do it. Okay, I admit it: "My name is Jeff and I'm a personal development addict!"

In my 30's, through studying the more metaphysical side of prosperity consciousness I learned that I must visualize my dream, or my desired outcome. Meditate, pray and visualize. But even when I would visualize myself into a stupor, I didn't always get what I had intended. Why is that?

Well, part of the problem was that the underlying message in that "new age" version of prosperity consciousness was that visualization was the key to creation. But there was a piece of the puzzle missing.

In fact, it wasn't until I read *The Science of Getting Rich* a few years ago that the pieces all began to come together. It dawned on me that while I was sitting in meditation, opportunities and the right people to bring them to fruition were calling out to me but I was not practicing the KEY ELEMENT of the Law of Attraction. Silly me, it's even right there in the words...Law of AttrACTION.

Right there is was, in front of my face, ACTION, ACTION, ACTION! Take inspired action. When the opportunities arise, take action. When the people show up, take action. The Universe conspires to bring you what you want but it is up to us to take ACTION and bring it all together in the form of our desired reality.

Try adding that one little bit to the magic equation that we call The Law of Attraction. Notice when things show up. Be aware and ready. And take action! Expect miracles to happen and you will see them. As Mr. Wattles put it in his classic 1910 masterpiece *The Science of Getting Rich*: "It is a mathematical certainty."

*The Science of Getting Rich* was almost unknown until just a few years ago. It was published nearly a hundred years ago but its inherent truth still remains. Many people don't realize that *The Science of Getting Rich* was actually the "secret behind *The Secret*." It was the inspiration for the movie and based on the success of that film and the shift in consciousness surrounding it, I think we can all agree that *this stuff works!*

I was so inspired by the book that I decided to update it and create an audio program with special sound and music enhancements I called *MasterMind Enhancement Music*™ so more people could not only grasp the concepts but so they would "stick" to the brain a bit better. The result for me has been nothing short of amazing.

Over time, I have distilled the primary contents into some bullet points that may help you navigate your way through the mystery we call the Law of Attraction.

## **SEVEN TIPS TO PUT THE "ACTION" INTO THE LAW OF ATTRACTION**

In my coaching and seminars lately, I've been getting a lot of questions about The Law of Attraction lately. Questions like: "I've watched *The Secret* but how do I actually make this work in my life?"

So, I've put together these seven tips for you to get the most out of the Law of Attraction:

1. Remember that "thoughts are things." Wake up every day and take a few minutes to CREATE A VISUAL PICTURE in your mind of what you want your day to look like. Consider where you are and where you want to be. See yourself there. Focus on what you want, NOT on what you don't want. Keep your process in the PRESENT TENSE. Many people make the mistake of visualizing what they want in their lives as something "out there" or "in the future. For example, "Someday I'll be wealthy and have the life I want." If your mind is in the future, your dreams are always somewhere out there too. Keep everything in the present. We can only take action right now.

2. Once you are clear in your vision, let go and RELEASE IT and accept that it is in the hands of a Higher Power now (whatever you choose to call that). You may have some blocks, emotional or otherwise, keeping you from your dreams. Become aware of what may be blocking you and learn releasing techniques to let go of those blocks.

3. FEEL YOUR ULTIMATE DREAM LIFE, rather than just "seeing" it. Imagine what it would feel like to have all the things you want; all those things are you visualizing. The Law of Attraction largely operates on feelings associated with your thoughts, so *feel* yourself living in the big house, having a million dollars your bank account, driving the new car, enjoying the love of your life, or whatever it is that you desire. Put yourself in a state of feeling these things as intensely as if they were actually happening right now (remember: present tense).

4. SURROUND YOURSELF WITH IMAGES and symbols of what you want to attract. I use a Dream Board or Vision Board for all the things I want to attract in my life. I also post pictures on walls and mirrors around the house to keep a constant reminder and key in on the visualization process.

5. Know that THE PROCESS IS ACTUALLY WORKING. It is important, whether or not you see immediate activity associated with your attraction process that you continually acknowledge that the process is working in your life. It is working now; and it has always been working. The difference now is that you are CONSCIOUSLY creating your own reality, rather than letting your life be guided by random thoughts and actions.

6. TAKE INSPIRED ACTION. Once you are in this process, situations will begin to come out of nowhere that will support you in attracting what you want. Be aware of these opportunities as they arise and take action. Also be aware that opportunities can be disguised as challenges or that they may be very subtle in how they show themselves. Keep all your senses open to anything that could conceivably support your dreams.

7. BE IN A CONSTANT STATE OF GRATITUDE. This is the ultimate key to turbo-charging the Law of Attraction. Be grateful for what you have. Be grateful for what you know is arriving in your life. Be grateful that can get out of bed and breathe in and out today...find the good in everything and FEEL THE GRATITUDE toward it all. This one tip alone can change your life (but remember to use the rest to really kick it all into a high gear).

Use this process and watch what amazing things begin to unfold in your life. For more detailed version of this formula, explore The Science of Getting Rich formula by visiting our web site: [www.WhereTheSecretBegan.com](http://www.WhereTheSecretBegan.com)

The Law of Attraction is a powerful force in your life whether you realize it or not. Now that you understand a little more about how it works, what choices will you make differently? How will you guide your own destiny from here forward?

With these tools and tips on how to put the action into the Law of Attraction, you can now consciously go about making the changes you want in your life and attracting the life you really desire. Have fun with it; play with it and most of all, show your gratitude as you share these concepts with others.

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