

Happyecho's 7 Easy Steps to Using the Law of Attraction

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<http://www.happyecho.com/happyechos-7-easy-steps.html>

How to use the Law of Attraction on any specific desire!

1. Be grateful for all the good things (including people & circumstances) that you already have in your life.

- Focusing 1st on what you already have puts you in an excellent vibration to attract more things that will make you feel good.
- List off as many good things as you can think of.

2. Decide on what you want. Really decide!

- Be as clear as possible. Think of as many details as you can. **Clarity gives the law speed!**
- Read the [“Negative” Emotions are Good!!](#) to help you work out the small details. Follow your emotional guidance system on every small detail. Choose only the details that bring forth positive emotion. Leave behind & replace any details that cause even the slightest feelings of discomfort.
- You can also Use [Affirmations](#) to help clarify your desires. eg. "Why do I know exactly what I want in all areas of life?" or "Why do I all the sudden have such clarity about what I want?" Affirmations work!!
- If you are still having and trouble or just are not 100% sure what exactly you want use the Law of Attraction its self. Start by listing off any tiny thing that you know 100% that you want. List off as many as possible. eg: "I want to be healthy and have energy" -just any thing you can think of. This listing process will bring you, because the LoA, a bigger list. This combined with the [Affirmations](#) and paying attention to your emotional guidance is the best 3 step plan on clarifying your desires.
- You will be able to feel when you are really clear on what you want! Just the same as you can feel when you are on the fence.

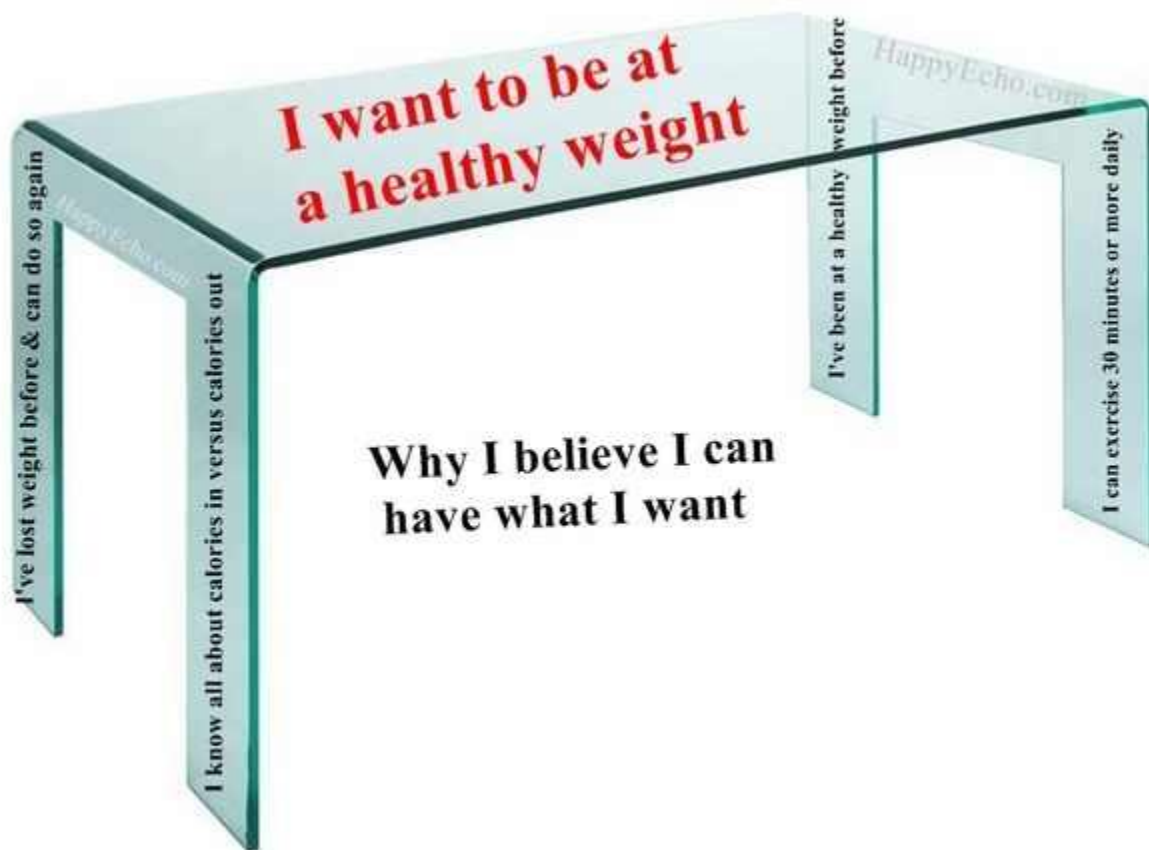
3. Ask yourself: “Why do I want _____?”

- Randomly list as many reasons as you can.
- Once again follow your emotional guidance when listing your reasons. Leave behind & replace any reason that when thought of causes you to feel even the slightest feelings of discomfort.
- Knowing the why and focusing on the why is your job; not the how. Often the universe has a better, faster and easier plan than you could imagine.

4. Ask yourself: “Why do I believe I can have _____?”

- This is often the hardest step. If you find it hard keep it short.
- I recommend a version of one of Anthony Robbins’ Methods for this step.

Picture a table. Like the one below. On the top of the table is what you want and on the 4 legs is reasons why you believe you can have what you want.



I Love this Table Method because it gives your new desire “Legs to stand on” and you only have to come up with 4 reasons. And after you come up with the 4 reasons with the mental picture of the table in your head you will feel a HUGE increase in confidence that you can have what you want. Without the mental picture of the table you’ll just have 4 reasons but no legs to stand on.

5. Build a mental picture of what you want.

- Use your imagination to see how your life will look when you have what you want.
- Play a 10 minute movie in your head. You are the writer, the director, the STAR, and everyone you want to be there is.

6. Act on your positive thoughts and new mental picture.

- Before making a decision try asking yourself “What would the me that has what I want do in this moment?”
- Using the previous example: The you that is at a healthy weight would probably not overindulge on a chocolate cake because this version of you would feel so great about accomplishing your desire that the ability alone to turn down the second piece would be reward enough.

7. Once you are certain about what you want & feel good about having the desire – Let it go!!!

- Knowing that your certainty about what you want and the work you’ve done in the previous steps will bring you your desire.
- Worrying about **when** or **how** is not your job and will push your desire away from you.
- Let the Law of Attraction do its job now that you’ve done yours.

Stop doing any step when you have any feelings of discomfort & come back to it later.

*"Anything that you give your attention to will become your 'truth'.
The Law of Attraction says it must. Your life, and everyone else's, too,
is but a reflection of the predominance of your thoughts
There is no exception to this." - Abraham-Hicks*