

Manifesting
Your
Dream Life

By Joe Lopez

<http://www.manifestyourvisions.com>

Disclaimer

This is a free eBook. You are free to give it away
(in unmodified form) to whomever you wish.

Spread the wealth!

Table Of Contents

1. Does The Law Of Attraction Really Work?
2. Foundations Of The Law Of Attraction
3. 5 Things Preventing You from Attracting What You Want
4. How To Make It Very Easy
5. How To Use Affirmations
6. Manifestation And The Importance Of Living In The Present
7. Manifestation Is A Powerful Tool For Personal Growth
8. The Law Of Attraction Doesn't Understand 'Don't, Not or No'
9. To Focus Or Not To Focus

Does The Law Of Attraction Really Work?

“Thoughts Are Things” Napoleon Hill wrote it in his famous book “Think and Grow Rich” a few decades ago. Yet to this day not many people understand its profundity. To someone who might not be familiar with the concept of manifestation, it seems like a nonsensical statement – even absurd! But to a success conscious individual, it is a powerful statement and within it contains life’s most precious secret.

Everything starts with a thought. The Wright brothers had a thought about making flying a reality. Soon enough it became a reality for them and we are the beneficiaries.

Donald Trump had a thought of being rich which led him to the right people, right opportunities that helped him along the way and he became rich. Bill Gates had an idea (thought) about making the computer easy to operate and accessible to everyone. His thought manifested. These men and many other successful individuals understand the most fundamental law: the Law of Attraction.

The Law of Attraction states that similar things attract to one another, thus, the saying “birds of a feather flock together.” If everything begins with thought and the Law

of Attraction plays a big role in manifesting the thought, then it can be illustrated as follows:

A THOUGHT ? (attracts) OTHER SIMILAR THOUGHTS ? (attract) OTHER PEOPLE OF SIMILAR THOUGHTS ? (attract) CIRCUMSTANCES THAT ARE IN HARMONY WITH THOSE THOUGHTS ? (lead to) THE THING DESIRED BY THOSE THOUGHTS EXPRESSED IN PHYSICAL FORM

At the level of thought “things” are nothing but random energy waiting to be “assembled”. Yet they are as real as electricity is real. We can’t see electricity, but we know beyond shadows of a doubt

that it exists. We also know that thoughts are real because everything that has ever been invented or created in our physical world began with a thought. The manifestation of the “thing” from the invisible plane into our physical world is enabled by the persistence of thought.

Scientists teach us that the whole universe is made of energy. Energy has frequencies. Thoughts are energy in its primitive stage. Thought energies radiate frequencies just as radio antennas radiate frequencies. The level of thought frequency determines the kind of physical manifestation and circumstance that we have; low thought frequencies correspond to the physical expression of similar frequencies while high thought frequencies correspond to things,

people, or circumstance of similar frequencies.

The key to keep in mind is that thoughts are as real as any physical thing. You must be completely convinced as that it is so just as you are convinced that the earth is round. Hold your thoughts long enough and in time you'll see them manifest in your reality.

So go ahead. Think yourself into riches, a new home, a new car, an opulent lifestyle, happiness, meaningful relationships, peace of mind...whatever you desire. You're limited to the kind of thoughts you hold in your mind. The Law of Attraction does work. All you need to do is check your thoughts.

Foundations Of The Law Of Attraction

The Lord Buddha said “All that we are is the result of what we have thought”, the Darby Bible Translation tells us that Job, 3: 25 of the old testament, declared, “For I feared a fear, and it hath come upon me, and that which I dreaded hath come to me.” It seems that both Buddha and Job understood the eternal workings of the Law Of Attraction. However, unlike the enlightened Buddha, Job, like the majority of people today, suffered the dire consequences of not using this law to his advantage!

The Law Of Attraction at its very basic level states that everything is created by thought and that thought attracts to itself, physical things, people, situations and circumstances. Your thoughts are attracting these things in this very moment!

However, we do not just create and attract the material things that enter our lives, we also create the body we occupy, the personality we display and, ultimately, the person we are and we do it all through our thoughts. Are you creating the life you desire & becoming the person you wish to be or are you like Job and bringing upon you all manner of woes because you are giving your attention to them? Perhaps you are even identifying yourself as a victim and

refusing to acknowledge the Law and use it
Consciously.

The Law Of Attraction is not as big a
Secret, as the hit movie would have you
believe. It has been around since the dawn
of time and is an unbending, ever-present
rule of the Universe. You cannot escape it!
There is a great body of evidence that
suggests mankind has known about, and
utilised, the great Law for about 7000 years.
However, the teaching of universal truths
did become clouded for many hundreds, if
not thousands, of years by greedy
self-serving dogmatists that wished to keep
control of the masses and was actually
banned at one point.

It was largely at the beginning of the 20th century that the general public started to become aware of this great law due to the diligence, fortitude, integrity and grace of writers such as James Allen (1864-1912), Napoleon Hill (1883-1970) and Charles Haanel (1866-1949).

Wallace D. Wattles (1860 – 1911) was another pioneer of free thinking. In his great work “The Science of Getting Rich” Wattles states a great truth, “There is a thinking stuff from which all things are made, which, in its original state, permeates, penetrates, and fills the interspaces of the universe. A thought in this substance produces the thing that is imaged by the thought.” How revolutionary that statement was in 1910.

Haanel set out in a 24 part correspondence course, which is now condensed into one volume called “The Master Key System“, a complete guide to successfully using the Law Of Attraction! It was banned by the Church in 1933 due to its revelations. This is allegedly the book Bill Gates read before he created Microsoft!

Napoleon Hill revealed Andrew Carnegie’s great Secret to the world - that thoughts create things - when he wrote “Think & Grow Rich” in 1937 (although it had taken him 25 years to complete).

James Allen wrote his famous work in 1912 and in “As a Man Thinketh” he tells people that “mind is the master-weaver, both of the

inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness.”

However, although the teachings have been around for thousands of years and they have been readily and easily available to the general public for almost a century the great majority of people do not take the time to learn the workings of probably the most powerful physical law in the Universe.

I think you owe it to yourself to delve deeper into this mysterious Universe and learn as much as you can about the laws that govern your life. When you truly understand the

Law Of Attraction and begin to work with it for you personal advantage, I promise you, your life will change in fantastic, unexpected and unlimited ways.

Begin now to utilise this gift and construct in your imagination the life you really want to live. Seek out ways to remove your own inner resistance and limiting beliefs.

5 Things Preventing You from Attracting What You Want

Using the law of attraction to manifest what you desire can be either wonderfully easy, or painfully hard depending on your full awareness. It is very important to become aware of the things that you do want but it is just as necessary to be aware of the things which prevent you from getting what you want.

Here are 5 reasons you may not be successful in attracting what you want.

1.) Not being in alignment - You must be in alignment with what you do want. To be in alignment with your desires is not always easy. Let's say that you have a desire to attract twenty thousand dollars but you are flat broke, most everything in your environment speaks poverty. You may be wishing and hoping but everything in your being feels like ten dollars rather than twenty thousand dollars. Your objective then should be to find a way to begin to feel like you are worth twenty thousand dollars. This is the first and most crucial step to activating the law of attraction.

2.) Lack of Focus –This is another

hindrance to manifesting what you desire. In order to get the universe to move what you want into your physical reality you must begin to hold a clear and steady focus of what you want all times through out the day.

3.) Lack of power with intent – The one thing which generates power with your intention is emotion and feelings. In order for the law of attraction to work quickly with your desires you must first know with great certainty that you do want what you are asking for and you must begin to feel it very deeply. If there are slight feelings of doubt those doubts will work as barriers affecting the attraction process from going in your favor.

4.) Not knowing how reality works – The law of attraction is one of several laws that assist you in manifesting what you desire. There are other laws which cancel out your intention if you are not aware of them or how they work. Manifesting your desires requires that you learn all the necessary parts to get great success with attracting what you want.

5.) Surrounding yourself with people or things which contradict what you are creating - This is by far one of the most difficult parts to successfully applying the law of attraction. You see other people's beliefs and doubts can greatly hamper your ability to manifest what you want. Those

people could be family members, co-workers or friends. The universal law of attraction moves on vibration and other people's vibration can have a great effect on your own personal vibration causing you to attract based on the vibration of the group you are sounded by.

As you can see there are many parts to the attraction process not all being fully understood by most people.

How To Make It Very Easy

Everything is easy after you learn the ins and outs of how it works. There are those who think the law of attraction has no validity and there are those who believe that the law of attraction rocks. Guess what!? Both people are correct, because whatever one believes determines what that one will experience in his reality.

Despite the nay sayers there are secrets to the application of the law of attraction that

can yield incredible results. The results are so astonishing that it seems like magic and sorcery but it is none of those, yet all of those. What is magic really? If not the ability to do the impossible or what is thought of as impossible.

Open to Greater Possibilities and Realize Those in Your Reality

Well there are secrets that can make the power to manifest completely outstanding. Imagine that you lived in a small town and you desired to go to the big city which is several miles way. Tom your neighbor comes along and tells you to use his old bicycle. You know that you can always

walk which will take you several hours but the

Learn To Speak The Language Of The Universe [Here](#) 22

bicycle is a plus you happily accept.

After two miles you meet a stranger who tells you that he can surely take you along the route in his car which will get you there even faster. Do you ditch the bike and take the car? The secrets to manifesting are similar to this scenario. It gets deeper and deeper and each lesson brings you more spiritual power.

Those who yearn to understand the deeper nature of applying the laws of attraction discover that while the car ride was great there is the airplane. The journey gets faster and easier for those who dive deeper into the study of the laws of attraction.

Immersion is the key to Mastery

Learn To Speak The Language Of The Universe [Here](#) 23

For every single topic including the law of attraction, there are those who truly master the topic by studying it quite deeply. You could not master money matters by making a study of poverty, or origami would you? To fully gain ease in manifesting with the laws of attraction you must make it a diligent study. You may take two to three months of studying all that you can but that study is like a masters degree which will serve you for the rest of your life.

Uncover the Layers

In all things there are layers. On just about

every single topic you will find that if you consulted with someone who has gained

Learn To Speak The Language Of The Universe [Here](#) 24

success he can take apart the topic into several categories. Within each category there are layers that can be mastered in greater detail. The law of attraction is no different. Taking a little bit of time to understand the ways in which to apply each part will greatly benefit you in dramatically manifesting what you truly desire. There are ways of contracting time and moving what you desire to you rapidly. We truly live in a magical world. How far down the rabbit hole are you willing to go?

How To Use Affirmations

To affirm means to declare what is already present. It is the same with creating and using affirmations to attract or to transform the things which we desire.

When you create an affirmation you are declaring to yourself and the universe that the desire is already created. As you continue to repeat these affirmations you

are also holding your thoughts clearing with intense focus on the creation that you have made.

Learn To Speak The Language Of The Universe Here 26

Affirmations serve many purposes when trying to manifest the things you want.

Applying the law of attraction can be hard when you try diligently to maintain positive uplifting thoughts. It's almost impossible to monitor your thoughts twenty four hours a day but when you create clear affirmations with details they become a great tool in controlling your thoughts and in turn influencing the law of attraction in your favor.

Here are three ways to use affirmations with your law of attraction practice to get great results.

1. The first step to using the affirmations is to become very clear about what you want.

Learn To Speak The Language Of The Universe [Here](#) 27

In order to become clear you would need to write out all the details that you would like to see and experience in the thing that you want. The clearer you are about your intentions the more power you give to your affirmations.

2. Write a clear positive affirmation in the first person stating your desire as if it is already complete. Never make statements such as, “ I wish I could be... or someday I can have or I don't want to do...”

These three statements are the most ineffective statements when creating your

affirmations. The affirmation must be created with power and faith in order to fully shift the law of attraction in your favor. You must absolutely omit any words that tie you

Learn To Speak The Language Of The Universe Here 28

to the thing which you do not want. If you want to stop thinking in a negative way, it is best to state, “ I now think and feel in the most positive way. I thoughts are happy and positive every moment of the day.”

3. Move into the affirmation with feeling. Feeling adds the power to your desires. Feelings generate an internal energy that allows your whole being to absorb your statement.

Many people find it a bit hard to really create success with their affirmations and that is as a result of stuck emotional

energetic patterns that are difficult to change. There are many incredible techniques that can shift those affirmations quite deeply that

Learn To Speak The Language Of The Universe [Here](#) 29

they make the attraction process even easier and more effective without the mindless repetition.

How deeply are you willing to go to see the changes that you know are possible to have?

Manifestation And The Importance Of Living In The Present

Do you sometimes observe your mind? In the ancient Vedic scripture Bhagavad-Gita, Krishna says to Arjuna “One must deliver himself with the help of his mind, and not

degrade himself. The mind is the friend of the conditioned soul, and his enemy as well. For him who has conquered the mind, the mind is the best of friends; but for one who

Learn To Speak The Language Of The Universe [Here](#) 31

has failed to do so, his mind will remain the greatest enemy.”

When you start observing your mind first thing you might notice is that you don't control it. How many times you have read something, sometimes even trying to really concentrate on the subject, but then you caught yourself thinking about something completely different at the same time?

You can observe your mind, because you are not your mind, as you are not your body

(This article is not about “You are not your body” subject. I wrote more about it in “Introduction to Manifestation”)

To manifest what you want you need to

Learn To Speak The Language Of The Universe Here 32

control your mind. You need to concentrate, meditate and visualize often. You need to focus on the things you want to manifest. If you allow your mind to jump freely from one subject to another, like a monkey from tree to tree, it will take you long time to achieve your goals.

One aspect of this is importance of living in the NOW. You can notice that we often think about the past, and when we think about the past we tend to think about “old good times”. There are not “old good

times”. We simply forget about bad times and think about good times mostly, because it allows us to escape from the present reality and live in happy illusion.

Learn To Speak The Language Of The Universe [Here](#) 33

The point is that the past, happy or sad is dead. We can't change it. It also doesn't have any value for our manifesting purposes. Of course we can hopefully learn from our past mistakes, but that's it, otherwise dwelling on the past is just a waste of time.

If we don't think about the past we usually think about the future. Often we are afraid of the future, sometimes we look at the future with hope. But the future is made in the present. We need to start living in the

present and concentrate on the present.

We need to be happy now.

If we are happy now, we build our happy future. Because of that it is very important to gradually control the mind and to live in the

Learn To Speak The Language Of The Universe Here 35

now; try to be happy now.

We can easily change our mind's states.

We can listen to some good music which we like, we can think about someone we love or we can look at something beautiful. Whatever helps you to feel happy, and the most important we can visualize the things we want in the future as already achieved.

A good way to get in the good mood is to do some simple yogic breathing exercises,

which very quickly help to achieve peace and control of the mind.

Another good way is to practice gratitude for the things you have and the things you would like to have. You cannot feel unhappy

Learn To Speak The Language Of The Universe [Here](#) 35

when you feel grateful.

There are many different methods, but to start manifesting the things you want easily and quickly it's good to find a good mentor or course, and follow the instructions.

Reading about manifestation, the law of attraction and self improvement is always good, but the best is to take action and apply what you have learned.

Learn To Speak The Language Of The Universe [Here](#) 36

Manifestation Is A Powerful Tool For Personal Growth

Manifestation is the results of your thoughts. Sounds simple if you are already a manifestation student but do you really

believe it and live by it.

What we focus on expands, so what are you manifesting?

Why not stop and think about it, what you are manifesting right now.

Learn To Speak The Language Of The Universe Here 37

How do you feel about what you are manifesting and do you feel like it is your creation?

You may have some doubts about this but you are already an expert at manifesting?

Just look at everything around you and all the experiences that you have been having.

If we can move forward from that belief that

we are already creating the things that are in front of us, we can also think that it is possible to change what we are manifesting.

So if manifestation is a given, then how do we change what we are manifesting.

Learn To Speak The Language Of The Universe [Here](#) 38

Focus on what you want: Focus on the feelings of what you want and feel positive about it, positive about having it, feel good in your body and emotions.

The opposite of this is to focus on not having it and that we should have it. This is an important point so think about this for awhile. Think back to the experiences that you have had and how you felt about those

things before they were delivered. Think about things that came easy and things that were difficult. Use your own experiences to take this point to a deeper level deeper.

Start to take inspired action towards having what you want. Inspired action means to take action with awareness of how it makes

Learn To Speak The Language Of The Universe [Here](#) 39

us feel as we move towards having what we want.

Taking action with awareness allows us to know when we are coming across some limiting beliefs and to recognize the negative voice that tells us to stop or change direction.

The simplest method to follow when we hit

a negative belief, it to just ignore it and replace it with a positive one. This may take some repetition but it is well worth it.

There are plenty of other techniques for belief change which can be used at a later stage. Starting the ball rolling is the most important thing at first.

Learn To Speak The Language Of The Universe [Here](#) 40

Continue to take action with awareness and you will know when you making the decisions that will support what you want. If you get off track, just laugh and get back on again.

Choose what resources you would like to help you and stay aware for their delivery.

Personal growth is a lot about knowing who we really are and using conscious manifestation is a great tool to learn a lot about ourselves. When you master conscious manifestation you will also realize at a deeper level that it was really you who created all those experiences.

Learn To Speak The Language Of The Universe [Here](#) 41

The Law Of Attraction Doesn't Understand 'Don't, Not or No'

Have you ever wondered why sometimes we get something that we really didn't want in our lives? People often tell me, "I didn't ask for THAT!"

In fact, some people think that the Law of Attraction 'isn't working for me' when they attract something they didn't want into their life--but it is. You see, the Law of Attraction doesn't hear the words 'don't, not or no' (as in,

'I don't want that.' 'That's not what I want.' 'No more of this!') it only responds to your feelings (your vibes) about that subject. If thinking about a certain situation cause

Learn To Speak The Language Of The Universe [Here](#) 42

you to feel upset, the Law of Attraction sends you MORE upsetting situations.

Here's a story sent to me by a reader, that demonstrates what I mean:

I went to a charity event last night (for which I paid \$50) and then I donated another \$20 for raffle tickets for various prizes. The idea was to put your ticket into the bowl that represented the prize you wanted. Well, none of the prizes were exciting to me. I put my ticket into the bowl that seemed the best of the three. And as I did so, I said to myself, 'I really hope I don't win this silly haircut.' Then I

realized there were more than three prizes and I felt disappointed that I had put my ticket into that bowl, but it was too late to take it back. So, as they were calling the prize winners I again said 'I don't want that haircut.' When they read out my number I was so disbelieving that I had to ask them to repeat the number because I could not believe that I had won it - especially because I had said so clearly, 'I don't want it!' - well you know the ending of this story. I focused on it, said "don't" and focused on it again. DUH!! Now the fact is, it is a nice prize and I will use it - what was I thinking?

Sometimes I use the illustration of the Internet Search

Learn To Speak The Language Of The Universe [Here](#) 43

Engines--if you go to google.com and type in the words 'no porn'--what will you get? That's right--PORN. The Search Engines don't understand Don't give me--they just understand porn.

So, if I don't want something, how do I avoid attracting it into my life?

By answering this simple question: 'If I don't want this . . . what do I want?'

Sometimes it takes a while to formulate a positive answer to that question, but taking the time to do so is the ONLY

way to stop attracting what you don't want.

If I don't want clients who are late for our sessions, what do I want? I want clients who are on time or early.

If I don't want to chase after clients to be paid for my services, what do I want? I want clients who joyfully pay by credit card or E-check for my services--on time or early.

If I fail to get clear about what I DO want, according to the Law of Attraction, I will attract that which I don't want into my life again and again--for until I place my focus on

Learn To Speak The Language Of The Universe [Here](#) 44

something else, what I don't want IS (by default) my focus.

Can you think of something that has been occurring in your life, over and over again? If so, take a few minutes--just 5 or 10 minutes and do this exercise:

1. Write down on paper what this reoccurring event is. State what happens and how it makes you feel.

2. Then ask the question: If I don't want that to happen again, what DO I want to happen? or If I don't want to feel like that again, what DO I want to feel like?

Get a picture in your mind, an idea or a feeling for how you would like it to be. Find the words that most accurately express what you want and write them down on paper. Doing this will engage all your senses to such a degree that you will automatically begin to attract events and situations that are more enjoyable.

Learn To Speak The Language Of The Universe [Here](#) 45

To Focus Or Not To Focus

Often I receive emails from people who have been learning about and applying the Law of Attraction yet they feel stuck. They are clear about what they want. They stay

focused on their desire and yet, it seems to be so slow in coming or out of reach entirely.

Here's an example of one such email: "I have been trying to attract a good mate into my life and have really focused on it for the past three months. I have posted positive affirmations on my bathroom mirror with

Learn To Speak The Language Of The Universe [Here](#) 46

positive quotes like 'I am married now to a wonderful person' etc.... I also read every morning and mid-day and night a positive affirmation that I am attracting a great mate who harmonizes with me. I also bought an endless loop cassette tape and recorded that I have a good spouse and that I have attracted a good person to myself etc and I listen to it every night. I really believe that it

will come to me, but ..."

Could it be that this person is focusing too much? Surely all these affirmations and positive statements should have produced the desired outcome by now! Yes, this person is probably focusing too much on their desire and actually causing resistance to allowing the Law of Attraction to deliver.

Learn To Speak The Language Of The Universe [Here](#) 47

Here are three things about how the Law of Attraction works to consider:

Once you have clarity about your desire and feel satisfied with the mental picture and good feelings you have, then the Law of Attraction reads you loud and clear and the process of delivery is set in motion.

If you do nothing more than get crystal clear, you will receive your desire in the easiest most efficient way.

The Law of Attraction doesn't really listen to your words, but DOES read how you actually feel about this desire. When you make affirmations that are not true, like: "I have a wonderful spouse"--when you don't,

Learn To Speak The Language Of The Universe [Here](#) 48

the Law of Attraction only receives your opposite vibration of "I don't have a spouse." The more affirmations you make, the more you are nullifying your desire with this opposing vibration.

So, what ARE you supposed to do with that desire you've been so clear about?

Hold it in your periphery vision, rather than your focal point.

Here's an exercise that will demonstrate how to do that:

Keep your focus on this article on the screen of your computer. Now, tell me, what do you see on your far right? Don't move

Learn To Speak The Language Of The Universe [Here](#) 49

your eyes, just notice what is there.

OK, now tell me, what is in the upper left field? What's in the lower left field? What is at the top of your field of vision? And the bottom?

You DO know what is there without

focusing on the object directly.

Now, let's pretend that one of the items in your periphery is a lamp and you want to turn it on. You move your eyes, so that the lamp is the focus of your vision, BRIEFLY, while you turn it on--then return your focus to this screen.

This is the best way to hold your clear

Learn To Speak The Language Of The Universe [Here](#) 50

desires: once you have clearly stated or written your desire, hold it in the periphery of your vision. Get on with other things that you enjoy. You'll know when to shift your focus to your desire--maybe you've changed your mind about a detail--or you just enjoy imagining what it feels like to be living your desire.

I have a practice of writing out my desire statement using the 3-Phrases that raise my vibration, then I put it away in a file-folder. The file folder is in my left peripheral vision when I'm at my computer.. I usually seem to 'forget about it' until it is fulfilled. Then I go digging for that particular Desire Statement and find, to my absolute delight, that EVERYTHING I asked for has come true!

Learn To Speak The Language Of The Universe [Here](#) 51

The bottom line is really this: If focusing on your desire feels good, delightful, playful and exciting, then by all means, enjoy giving it attention. But if you are forcing yourself to focus--you are actually causing resistance that can cause delay. If you've

been noticing the length of time it is taking for your desire to come--you are slowing down the process.

"Allowing" means staying out the the way, while you allow the Law of Attraction to deliver your desire.

Learn To Speak The Language Of The Universe [Here](#) 52

For More Advice On Manifesting Visit
<http://www.manifestyourvisions.com>

**Thanks For Reading Feel Free To Send
To Any Friends Or Family Who Can
Benefit From This Knowledge!**