



How to  
*Attract*  
and Get What You  
*Really Want*

Uncover the Secret to  
Creating a More Fulfilling  
Life Using the Power of  
Universal Laws

Ellen J. John

**How to Attract and Get  
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# Introduction

Wanting to change your life and changing it are two very different things. The Law of Attraction is the means to achieving your dreams because it is a new way of thinking.

We go through life focused on the wrong things and then we wish and want our lives to be different, without ever realizing that it is our own mindsets that hold us back from success. There is a theory that hard work is the only road to success; work hard and all of your goals will come true.

However, how does that account for the people who work hard, but still come up short. There is nothing more frustrating than working hard with very little to show for it but yet that is what happens to most people on a daily basis.

Hard work is only part of the equation and that is where the Law of Attraction comes in; the Law of Attraction is the second half, the correct mindset.

Let us take two examples. Steve is a sales manager; he comes to work daily with a positive attitude. It is a high energy and hectic workplace, and the sales team is constantly under pressure and that means that Steve is under a lot of pressure. If his team does not perform well, it reflects poorly on Steve. Steve comes to work daily with the mindset that his team will exceed their daily sales quota.

When a problem comes up, Steve is confident that his team will be able to handle it and he only intervenes when necessary. When any member of his team is having trouble meeting their daily quota, instead of being mad, Steve goes over different sales strategies with him. Steve is always positive towards his staff and tells them that he believes that if they have a bad day today that they will bounce back tomorrow. Steve's sales team is the top performing team for the company.

Barry is the sales manager for the same company but at another location. Barry comes into work dreading the day; expecting to barely come close to the quota. Barry never expects his team to exceed their quota; in fact, he has very little confidence in his team. Barry is known for meeting problems with yelling, and his sales team tiptoes around him. Barry works 12 hours days, hoping to try to get his team to sell more but yet they constantly fall short. Barry is filled with stress and anxiety daily and has no faith in his team, nor does he enjoy his job. Barry's team is the lowest performing sales team in the company.

Two sales managers at the same company yet one has found success and one has not, despite them both being hard workers. The difference between them is their mind set.

The way that you think determines how your life goes. If you want a different life, you need to change your thinking and the Law of Attraction is

how you do that. Turn your dreams into a reality and start working smarter and you will get what you want.

The Law of Attraction is about focusing on the right things, like Steve, who focused on his team exceeding their sales quota. Barry focused on his team failing to meet the challenge, and because of that, he failed to lead them into success.

If you focus on success and combine that with hard work, you can reach your goals. If you focus on failure, not matter how much hard work you put in, you will continue to find failure because that is what you focus on.

This book will change your life as long as you are willing to change your mindset.

# Law of Attraction Basics

Many people were unaware of the Law of Attraction until the movie “The Secret” came out. Thanks to it, the Law of Attraction was brought front and center to the world and interest in it spiked.

What many do not know is that the Law of Attraction is older than the “The Secret.” So how old is the Law of Attraction? Well, it is as old as the universe because it is a universal law, as are all of the laws that the Law of Attraction is based on.

These laws have been in effect, working since the dawn of time; they are universal laws, static and unchanging. They were not created, they just are and that is why they work; they are not a work of fiction to be manipulated, they are laws that work in a specific fashion and once you understand how they work and why they work, you can put them to work for you.

The Law of Attraction was first written about in the 1906, when William Walter Atkinson wrote a book titled Thought Vibration or the Law of Attraction in the Thought World. Ernest Holmes was the next author to write about the Law of Attraction, titling his 1926 book Basic Ideas of Science of Mind. The next major publication about the Law of Attraction was in 1949 by Dr. Raymond Holliwell, who wrote Working with the Law.

As you can see, the Law of Attraction is not just a recently discovered phenomena but its popularity certainly did come front and center to the world in the 1990s. Jerry and Esther Hicks really brought the Law of Attraction to light during the 1990s and through them; thousands of people learned about the Law of Attraction and improved themselves and their lives.

The more people who discovered how the Law of Attraction worked and that it did work, the more they talked about it and so the Law of Attraction continued to gain in popularity. The Law of Attraction has been proven to be effective.

Simply put, if the Law of Attraction did not work, it would not be as popular as it is. There are people who say that it does not work and that it is a hoax. The people who claim the Law of Attraction did not work are the people who did not use it correctly.

There is an incorrect assumption among the uninformed that the Law of Attraction means that you can get what you want simply by thinking about it. This is incorrect.

Nothing happens unless you work for it. This is not a get rich quick scheme and the people who try to use it as such will find that it does not work. The Law of Attraction will help you get wealthy, if that is what you desire, or to get a better job, better health or even a better relationship but you still have to put in the work!

If you think that you can just wish for money and sit back, waiting for it to fall into your lap, this book will not help you. If you are willing to learn a new way of thinking and to put in the work needed to fulfill your goals and dreams, this is the book for you.

What is the Law of Attraction exactly? Although it has been worded in many different ways by many different people, what it breaks down into is that you are the creator of your own reality.

What you think about influences your reality, so by changing your thoughts, you can change your reality. What you are thinking about is what you bring into your life; another way to put it is that like attracts like.

That is the basics of the Law of Attraction and notice that it says that what you are thinking about is what you attract into your life. It does not mention that it has to be good. If you are thinking about something negative, you will be attracting more negativity into your life.

The Law of Attraction does not discriminate against what you want and what you do not want, it only focuses upon the thoughts that you are projecting into the world.

That is why the Law of Attraction is a new way of thinking. Change your thoughts and you can change your reality, for the better. You see, so often we focus on what we do not have instead of

what we want and that is our downfall. Here is an example of how like attracts like.

May is a sales clerk at a local shop. May barely makes enough money to pay her bills, and she is falling behind in credit card debt. During her shift, May worries about not being able to pay her bills and that she will slide further into debt.

When May gets home, she dreads the mail, knowing that she will have more bills. May worries daily about not having enough money. May is distracted when at work, and despite working long hours and working extra shifts, she still struggles to pay her basic bills.

Jane is another sales clerk at a local shop. Jane makes the same wage as May, and paying bills on time is not always possible. Jane does have credit card debt and like May, it weighs on her mind. Jane decided to change, using the Law of Attraction, Jane starts thinking of the money that she will earn through sales. When the bills come in, Jane is grateful that she has enough money to pay them and is happy to do so. Jane is attentive at work and customers love her; soon Jane had her debts paid and she was able to start saving money.

May, focused on a lack of money and it kept her locked into a cycle of not having enough money. Jane broke out of that cycle using the Law of Attraction. She stopped focusing on what she did not have and instead focused on what she did have, which was enough money to pay for the basic bills.

Jane's attitude was better thanks to this and when combined with her hard work, money was no longer a problem. You can see how this is not a get rich quick scheme, this is a change your entire life way of thinking. Instead of being May, you can choose to be Jane.

You can manifest the things that you want into your life by your thoughts. Thinking about the wrong things, will only bring more of the things that you do not want into your life.

By changing your focus, you can achieve great things because you will be attracting the things that you want and need into your life instead of what you do not want. Negative thought cycles will keep negativity in your life and positive thought cycles will bring you positive things.

What do you want more of in your life, negative or positive? The choice is clear; everybody wants more positive things in their life. You want more positive things in your life or you would not have picked up this book.

Your mind is a powerful tool and this book will unlock your potential. The universe is made up of energy. Everything that you see and touch is made up of energy and the things around you that you cannot see or touch are also composed of energy.

When you think, your thought waves act as energy, putting energy vibrations out into the universe.

That energy attracts similar energy; bringing it into your life. This is how the Law of Attraction works and why Jane was able to start seeing more money in her account instead of less.

By focusing the money she had, she was thinking positively, and more money was attracted to her. May, on the other hand, was thinking only of the money she did not have and so because she focused on the lack of money, she continued to attract a lack of money in her life.

The Law of Attraction will bring you what you want, provided that you follow these guidelines and believe in the system. If you do not have an open mind, this will not work for you. You need to think and expect that the Law of Attraction will work for you and it will.