

Three Keys to Applying the Law of Attraction

Transcript of the audio program

By Adrian Law (www.lawtosuccess.com)

Hello and welcome to the Three Keys to Applying the Law of Attraction. The movie *The Secret* was a worldwide phenomenon that brilliantly displayed what we need to do to use the Law of Attraction to our advantage and create what it is that we want in our lives.

This movie popularized the grandfather of personal development Earl Nightingale's classic 1950s book, *The Strangest Secret*, where he stated you become what you think about.

How exciting and yet at the same time, how many people do you know that have everything that they want, great house, fantastic partner, loving family and friends, financially free, healthy and vibrant etc.

Who has all that?

There are plenty of us but in the big scheme of things it's less than one percent of the world's population.

How come? Because the one percent apply the three keys that we're about to go through.

When you think about the people in *The Secret*, what did you notice about most of them that is different to the majority of the people in the world? Yes, they may have great financial success and are famous but something much deeper than that.

Picture John Assaraf, Michael Beckwith, Neale Donald Welsch, James Arthur Ray, Dr John De Martini, Jack Canfield, what do they all have in common?

Yes they know the three keys but what else are they?

Did you notice a spiritual side to any of the people I just mentioned and a certain presence about them? This can only come from two of the three keys and the first leads to the second.

Myself and plenty of people that I know from all the seminars, courses and accreditations I did, didn't have what they wanted in life and neither did I. When my focus shifted to find people who had what I wanted, the very first thing I noticed was the same trait displayed by many of the speakers on the secret...

They were all present.

Present with me, present when teaching and very present when creating the life they wanted.

It's an interesting thing because your mind is designed to not be present. It tends to think about the future or the past, often at what seems a million miles per hour.

However, when you are truly present with another person, they feel it and so do you. When you are present doing an activity (any activity) you enjoy it. And when you are creating what you want, being present allows you the space and freedom to manifest with lightening speed.

So how can you be more present? Here's ten ways.

1. Exercising
2. Eating well
3. Meditating
4. Focus on being present
5. Catching yourself when you're not (means that you are present)
6. Spending time alone with no distractions (no TV, no book, no music) just you
7. Mixing in nature
8. Focus on being perceptive of things around you
9. Looking directly into your partner's, or someone you are comfortable with, eyes for five minutes (very powerful)
10. Taking time out to relax when you eat and observing what you are eating

The second key that again most of the speakers in The Secret have is...

Being clear on what you want.

In Energy for Life I mentioned that naturally we are teleological (drawn towards a goal or outcome) but if we don't know what we want, how could we ever receive it?

Ever looked for a house or apartment and didn't know what you really wanted? How was that experience?

Or how about if you'd like a partner but don't really know what kind of person you'd like to be with. How many perfect people come into your life when you're not really clear? How about the opposite - when you are clear? When you look for a house or an apartment, firstly how long does it take you to know that the ones you look at aren't right? Really quickly hey!

And have you noticed when you get really clear, how easy it is and you start seeing houses and apartments that only match your requirements. Interesting!

With a partner, I've dedicated a whole section on creating what you want, whether you're single or in a relationship, in Relationship Mastery. So look out for that one.

Being clear ties nicely into the third key which is, ask good quality questions.

Here's a few -

What specifically would you like to create in your life?

How specifically?

By when?

How will you know when you've achieved it?

All these are good quality questions.

What I want you to do is pick one of your top three areas in the Life Circle. Pick the one that if you achieved the next level in that area, it would have the biggest effect on you and possibly others around you.

Got one? If not, stop this audio and pick one, if you have let's carry on.

Now, what we are going to do is set a goal for you. In fact you're going to do that bit but I'm going to help you get clear by asking good quality questions of you. If you can be present to me in doing this exercise, you've incorporated all three keys and are on your way to manifesting your dreams.

A guy that I coached for a short while took up Tai Chi to get present and instead of focusing on his debt and the bills he had to pay, I helped him change his focus by asking good quality questions. This is the best way I've found to direct someone's attention.

Anyway, the question he came up with was...

How can I earn \$2000 in one week?

The important thing to note here is that the how isn't important. Just by asking that question, your mind starts to focus on possible solutions to attract that into your life.

Do you think my client just asked that question once and gave up? Of course not! He asked himself the question, "How can I earn \$2000 in one week several times a day for a few weeks.

I should note here that the man I am talking about usually earns between \$150 and \$200 a day and on average would have about four days a week of work. That's a maximum of \$800, so \$2000 was a big ask. However, under my guidance, he kept asking the question and a few days before recording this program, he called me and sounded like a kid at Christmas.

He had just earned \$2400 for the week!

He even asked if it was ok that he'd earned an extra \$400 than what he asked for!

So what is it that you want?

Write it down. Be as specific as you can. You picked the one area in your Life Circle right? How would you like it to be in the next month?

Is it believable for you? If not, tailor it a little, if it is believable, fantastic.

My next question is why do you want that? List at least twenty reasons why you want what you've written. Remember the why is bigger (much bigger) than the how.

When there's a big enough reason for something, you make it happen. So list twenty or even more reasons for why you want what you've asked for.

Ok, now my next question is what could stop or block you achieving it? What or who could get in the way? Again, list as many possible blockages as possible... do that now.

And finally, what action steps are you going to take to get around these obstacles to achieve what it is that you want?

It is crucial that you're as specific as you can possibly be here.

Look at everything you wrote in answering question three and overcome all of them.

If you don't think you can overcome all of them, ask yourself the question, "If I could overcome this, what would I do?"

Do that now.

Good work. You've got a plan in place to take action to achieve what you want.

Keep referring back to this program as it is the difference between the people that truly apply the Law of Attraction how they want to and those that don't. We also go a lot more in-depth into asking quality questions later in your Mastery Program. Next is the Platinum Rule to Get Respect and Feel Important. Enjoy it!

