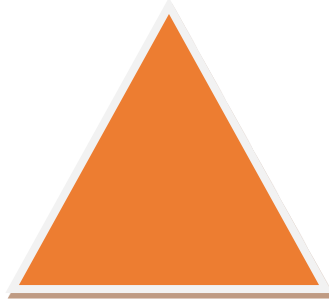


# The Law Of Attraction

Gargi Arya

*Sampler of the book -*

*The Law Of Attraction*



*Simple Ways To Live Your Life To the fullest by  
applying the law of attraction!! And by keeping your  
mind at peace..*

*By Gargi Arya*

# *Table Of Contents*

- 1. What is Law Of Attraction?*
- 2. How To apply this in your daily life?*
  - *Creating a positive mindset*
  - *Taking Action*
  - *Responding setbacks*
- 3. Manifestation Techniques*
  - *Affirmations*
  - *Visualization*
  - *Use Vision Boards*
  - *Scripting*
  - *Decisive Action*
  - *Final Thoughts*
- 4. Create a Law Of Attraction Planner Or A Goal Planner.*
- 5. Mental peace*
- 6. Conclusion*

# INTRODUCTION

*“The law of attraction is always working, whether you believe it is or not.”*

*Before reading this book, let us know the meaning of the law of attraction. The law of attraction suggests that you can attract positive or negative things into your life through your thoughts and actions. It relies on the theory that everything is made up of energy, so the type of energy you put out will come back to you. If you are ready to use the law of attraction to tell the universe what you want, start by creating a positive mindset so that you can send out positive energy. Then, take action towards your goals and confront your setbacks with a good attitude.*

*Let me tell you some of the short success stories of some people who applied this law and they became successful in terms of their emotional and physical health in life.*

## *➤ Will Smith*

*“Our thoughts, our feelings, our dreams, our ideas are physical in the universe.”*

*Will Smith is a well known American actor, rapper and producer. Will believes the key truth behind his massive success is the Law Of Attraction. He says that you need to believe in yourself and go for what you believe in and you will achieve it.*

*Will explains that greatness is accessible to everyone if you can believe it. He is a true example of someone that not only understands the power of the Law Of Attraction but someone that has also applied it to his life, with awe-inspiring results.*

*Let me tell you one more example –*

➤ ***Oprah Winfrey***

*“The way you think creates a reality for yourself.”*

*Oprah is most widely known for hosting her incredibly successful talk show, she is also an actress and philanthropist. She has spent a lot of time teaching others about the Law Of Attraction and how it changed her life. Oprah says that the more you celebrate and praise your life, the more you will receive and you will have more to celebrate.*

*So, I am sure that by mentioning these two examples, you had an idea of what actually law of attraction is. In the coming chapters, we will understand it in more depth.*

## *1. What Is Law Of Attraction?*

*Law Of Attraction says that you will attract whatever you focus on in your life. Whatever you give your energy and attention to, will come back to you. So, if you stay focused on the good and positive things in your life, you will automatically attract more good and positive things in your life. However, on the other side if a person focuses on the negative things then, he will surely attract the negativity in his or her life. Suppose, if you are going through hard times, and you think that you are not strong enough to face them and you think that now, "I can't take no more."*

*Do you know the reason behind your thinking? The reason is that you are continuously focusing on the negative side of your life. My friend, wake up and fight. No one will fight for your life. You are responsible. Say to the obstacle that defeat is not your choice. You roar and flourish in the face of danger. There is so much to smile about. And, here comes the role of Law Of Attraction. Have you ever heard the phrase "When life gives you lemons, make lemonade." Do you know the meaning of this? The lemons here indicates the sourness or negativity in our life, and lemonade indicates the positive things. So, if I add up these two meanings together then I will have that **When Life Hits You Hard, Instead of Focusing on the Problems Or Circumstances you***

*are going through, [Lemons], Focus on The Positivity Of Life [lemonade].*

*Give a motto to yourself like whenever I feel sad or depressed, I give myself a motto 'HAKUNA MATATA'. It's actually an East African word which means no trouble or no worries. I am sure you have heard this word before. So, give yourself a motto that will help you to look at positivity in your life and the law of attraction does the same job.*

### *About the Author*

*Hello, I am Gargi Arya, the motivational speaker of ADJOA HTC and author of the book 'The Lion Hearted Soul'. I am 14 years old. I study in 10th grade in Ryan International School, Ghaziabad. To me, writing is just my thoughts flowing from my mind to the tips of my fingers and painting the pages of my precious diary. This website is all about you and for you. Remember treasure lies in solving mysteries. Let the power of self love reinvent yourself to create your dream life. On a mission to uplift and inspire others to create their own 'once upon time fairy tales'. On a mission to create 1000's of success stories all over the world.*