

LAW OF ATTRACTION KEY  
PRESENTS

THE NEW  
MESSAGE OF  
A MASTER

THE LAWS



TEACHINGS OF PROSPERITY,  
WISDOM & THE KEYS TO SUCCESS

**~Law Of Attraction Key Presents~**

***The NEW Message of a Master  
The Secret Laws***



***Teachings of Prosperity, Wisdom  
& the Keys to Success***

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## INTRODUCTION

I first discovered “The Message of a Master” in a small bookstore in Wisconsin years ago – at that time, I was lost and floating around in my life, I hadn’t been exposed to anything that had to do with the Law of Attraction or Manifestation or ‘The Secret’ – And even though I had a nagging feeling that there was more to life, I was just getting by to get by.

And then, on a day out with friends, I happened into a small out of the way bookstore. As I tried to pull a book off the very crammed bookshelf, a book called “The Message of a Master” literally jumped out at me. In that moment the light turned on, instantly something was different – I don’t know how to explain it other than to say that it was like the air changed around me. Without thinking, or even flipping through “The Message of a Master” to see if it was something I would like, I walked to the counter and bought it.

I don’t say this lightly – but in that moment my life began to change in such profound and magical ways that it still makes me stop in awe at the power of this one little book.

I have read “The Message of a Master” more times than I can count, and it is always right by my side. It is my intention to be your personal guide and help you use this program for the greatest impact on your life.

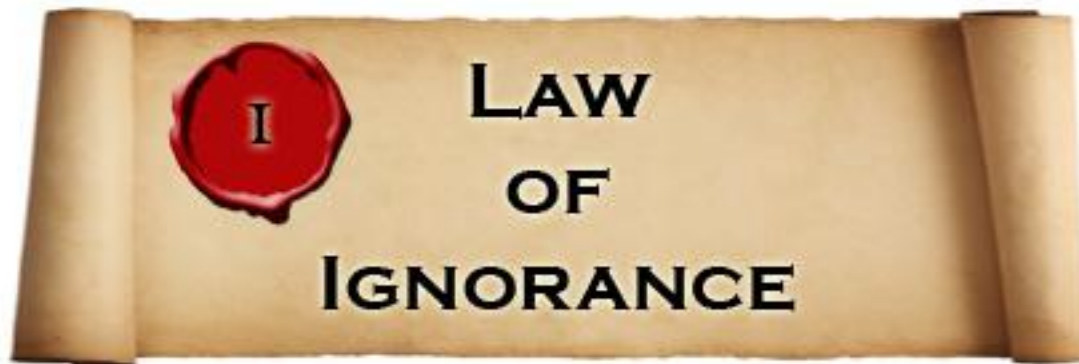
I know that when you embrace the teachings you find here and give them your consistent focus, you will be amazed at the powerful changes that begin to manifest in your life.

Make this your life focus and your momentum will increase and with it your successes.

**You are already a Master; it is time to unlock your power!**

A handwritten signature in black ink, appearing to read 'Kristen Howe'. The signature is fluid and cursive, with a long horizontal stroke extending to the right from the bottom of the name.

Kristen Howe



I am master of my own destiny,  
and I can make my life anything that I wish it to be.

**The Law of Ignorance** states that there is a time within any challenge or period of your life when you will be ignorant to the solutions and possibilities available to you, and just because you are not aware of a solution or possibility, doesn't mean there isn't one.

Have you ever been struggling with an issue and found yourself at what seemed like the very edge of hopelessness? Maybe you worried about your finances or about something going on at work. We've all faced struggles with uncertainty, or worry, born out of fear of the unknown.

Sometimes the things we worry about take up so much of our focus that our dis-ease and dis-comfort begin to manifest physically. Let's face it: stressful thoughts cause stressed out physical and mental conditions. We can worry ourselves right into the hospital if we're not careful.

Just as there can be great fear in not knowing, there can be great excitement in the promise of new possibilities. Our current state of mind has created our current life conditions. If we're experiencing abundance, that's in direct correlation to the thoughts we hold about our prosperity. If we're experiencing turmoil, it's because the thoughts and beliefs we hold are tumultuous. The one absolute thing we can know is that our conditions are only temporary, no matter what they are. Every moment holds unlimited possibilities – whether you are aware of them or not.

At any moment, you can alter your thoughts about a situation, and completely change the outcome. Doing so allows for infinite possibilities to unfold. The Universe is constantly conspiring to bring into your existence that which you focus on. If your focus is on how bad things are, you are inviting more experiences into your existence to feel bad about. It simply takes one small shift in your focus and emotion to allow for what you truly desire to unfold in front of you. You do not have to know the outcome of any given situation - you only need to know that each situation holds limitless potential.



∞ Right at the very moment that the narrator of the story was struggling, he was interrupted by a call from someone important in his life, someone who had experienced many of the same struggles. Was this coincidence or divine intervention?

∞ The perception our narrator held of his friend was immediately challenged, because his friend had experienced such a transformation. His vitality and enthusiasm for life was so strong, that the narrator was immediately impacted, spiritually and physically.

∞ The intense stress that the long lost friend had been under was most likely the very reason he experienced the decline in his health. Remember, our feelings manifest into physical conditions. Once the friend changed his emotional state, his health improved.



When we embrace that we are masters of our own destiny, we can begin to understand our own power.



When amazing things take place, sometimes we find them so amazing, that we try to dismiss them as too-good-to-be-true, rather than accepting that every moment holds infinite possibilities.



**Exercise:**

Think of a time when you were struggling over an issue. Perhaps you were worried about your finances, or about the outcome of a situation at work.

How did these concerns make you feel physically?

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How did you feel emotionally?

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How does it make you feel when it appears that you don't have control over the outcome of a situation?

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What kind of emotions do you experience when you feel empowered?

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### **Affirmations:**

You can open yourself up to new experiences and new possibilities by embracing the idea that you know everything you need to know, when you need to know it. When you find yourself struggling over a situation or decision, use any of the following affirmations to change your vibration:

‘I am a creative, intelligent being, with a wealth of knowledge and experience.’

‘I can successfully handle any situation that presents itself.’

‘I am a powerful creator of my own destiny.’



There are no limits to your possibilities!  
Your successes will multiply and increase in proportion  
to your mastery of the Law.  
Extraordinary things like this occur frequently to most of us,  
but we disregard them, because of our lack of understanding,  
and think they are mere coincidences.

**The Law of Revelation** states that there will be a time with every challenge or period of your life when you move from ignorance of the solutions and possibilities around you to an awareness or revelation that there is more available to you than you have previously realized. You may not be able to fully identify what the solution or possibility is, but you do have the revelation that it exists.

Sometimes someone has such energy about them that they are impossible to ignore. They have a sort of magnetism that draws others to them. These people vibrate at such an energetic frequency they are like a huge magnet, drawing to them the optimum

opportunities and experiences that enrich their lives physically and emotionally. Other people often seek out their company, and their counsel. They seem to have it all; it's almost as if they hold some kind of secret to happiness and vitality. Do you know anyone like that?

There's a characteristic that happy people tend to embrace. They enjoy sharing their stories with others. Whether it's because they know that happiness is contagious, or they want to inspire others by sharing their experience, these people understand that happiness is available to anyone who wants it. How would you respond if someone you admired told you that all you had to do to improve your life was to think different thoughts? How would you feel if this great mystery was revealed? Could you accept it, or would it seem too good to be true?

What does it mean if we create everything we experience? Whatever you give your focus to - expands in your life. This is absolute, because it is Universal Law. Whether we are conscious of it or not, we are constantly creating our experiences. The principle is so simple, the idea that we are in control of our own destiny, that sometimes it's hard to accept. So, we decide people are just lucky, or that experiences we created ourselves, must be coincidence. The truth is that the more deeply we understand Universal Law, and how the Universe conspires with us to provide everything we desire, the more control we take over our destiny.



∞ Upon meeting the gentleman referred to as the “Master,” it was immediately obvious that the Master was a man who commanded respect from others, and who was very confident. He was clearly the master of his own destiny.

∞ Through what we sometimes consider coincidence, we end up in situations that allow us to meet people who end up having a profound effect on our lives.

∞ When we experience what feels like good fortune, we often dismiss it as something that is too good to be true. We have conditioned ourselves to believe that without struggle, there comes no reward.



The life changing meeting that took place between the friend and the Master is an example of Universal Law in action. The friend was longing for change, for new ways to live his life, when he manifested into his experience a meeting with the Master.



### **Exercise:**

#### **Challenging Your Doubt and Improving Your Faith in the Unknown**

When you catch yourself doubting yourself, immediately find a thought, an empowering, affirming thought to replace it.

See yourself as an energy transmitter. Your thoughts and emotions hold a vibrational frequency.

Practice mindfully transmitting thoughts and feelings that are high frequency. Then, practice receiving what comes back to you.

Faith can make people uncomfortable because it means letting go of what we think we know. When you were a child, it was easier to think of possibilities, like the Tooth Fairy, Santa Claus, or the Easter Bunny.

As we mature, we feel like we need proof or evidence of something in order for it to be the truth.

Challenge this belief by writing down 3 things you don't have evidence of, but you know to be true:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_



Believe me, you can have anything you want  
– and in abundance – when you learn to tune into  
the power within, an infinitely greater power than electricity,  
a power you have had from the beginning.

**The Law of Anticipation** states that for every challenge and period of our life we will experience a period of great, positive, anticipation once we become aware that there are solutions and possibilities available to us that we were previously ignorant of. We literally get excited about and anticipate the reveal of the solutions and possibilities.

The Universal Law is not new, or a secret. The Universe is always conspiring to bring to us what we ask for. When we experience something we don't want, we tend to blame it on misfortune or bad luck. In truth, our thoughts and attention were likely focusing on what we did not want, and with our focus on what we didn't want, we brought it to life.

As the story said, in order to use the power of electricity, it had to be discovered first. The key to benefiting from the Universal Law and 16

sub-laws is to understand them, and then master them. You can develop your mastery of them through faith and practice.

Happiness is our natural state. Happiness often gets misinterpreted or defined as monetary wealth only. There's nothing wrong with creating wealth or enjoying financial prosperity, however happiness is not found in material possessions or in our bank accounts.

Our society's focus on monetary gains creates a collective consciousness of scarcity. People believe they don't have what they need. They languish in the state of "not having." Our natural state is abundance, but wallowing in scarcity keeps abundance from flowing to us. Many people use the sub-laws in a destructive way, sabotaging their own success. The Universe doesn't make a distinction between what is wanted and what is unwanted; it just goes to where you consistently focus your energy and attention and that is what it attracts.

When we live in a state of abundance everything we desire flows to us. When we are receptive we are able to tap into more of our inner power. The more willing, eager, and trusting we remain, the easier it is for us to receive the abundance that is ours for the taking.



## KEY POINTS

- ∞ Things can sometimes appear to be moving in one direction, and then circumstances suddenly shift. When this happens, we can consider it coincidence, or we can take the opportunity to recognize the Universe at work.
  
- ∞ Each person has powers of creation. The 16 sub-laws are in effect for everyone no matter what their current situation.
  
- ∞ People who are successful have mastered the sub-laws – sometimes by choice and sometimes by chance. Success is not for the lucky or fortunate, but is available to anyone who learns how to tap into their powers of creation.
  
- ∞ Nobody needs to experience the state of lacking. They can just as easily choose the state of abundance.



We tend to focus on the difficult path, because we don't always acknowledge or accept that there can be an easier path of non-resistance.



## **Exercise:**

### **Developing Abundance**

Abundance is an invisible current of energy that is flowing all around us, to us, and through us at all times. If you want to experience more financial abundance, you can teach yourself to tap into it, and flow the money to you.

**The first step:** RELAX.

Become as relaxed and calm as possible. Breathe deeply and slowly, and fully relax all your muscles.

**The second step:** VISUALIZE THE CURRENT OF ABUNDANCE

Close your eyes and visualize the current of abundance. Watch it flow to you.

It might appear as a stream of light or water. See it all around you.

### **The third step: FEEL THE ABUNDANCE**

As you look at the abundance stream, what does it feel like? Imagine yourself touching it. Attach a positive feeling to the experience of touching the current. Emotions might be peace, joy, warmth. Focus on the flow of abundance and how it feels as it surrounds your body.

### **The fourth step: VISUALIZE ABUNDANCE AND MONEY**

While you remain in the flow of abundance, watch as paper money begins to flow in your stream. Imagine 5, 10, 20, 100 dollar bills. Watch as your stream fills with these different bills. Now imagine taking them from the stream and holding them.

### **The fifth step: INTERNALIZE YOUR MONEY**

While you see the bills in your hands, imagine the sensation of touching them, and holding them. What does it feel like to hold a few thousand dollars between your hands? Let yourself fill with feelings of gratitude as you celebrate your increase in abundance.

REMAIN with these pleasant feelings for a few moments and when you're ready, return to your daily activities.

It's recommended that you practice this exercise daily. Remain optimistic that good things are flowing your way, right now. This exercise allows you to tune into the abundance that is all around you.



*There are no limits to your possibilities!  
Your successes will multiply and increase in proportion  
to your mastery of the Law.*

*The Law of Seeking states that with every challenge and period of your life, once you are fully aware that there are solutions and possibilities available to you that you were previously ignorant to, you will begin to actively search and seek to uncover these solutions and possibilities.*

We are all gifted with limitless possibilities. When we begin to have this realization, something shifts within us. We may reflect on how we have been living, and realize that we've wasted many years, pursuing things and doing things that have not brought us fulfillment. It is easy for people to get caught up in pursuing financial rewards, or pursuing relationships; pursuing things outside of them, rather than focusing their enrichment and development inward.

When we can learn to focus inward, building our mastery and acceptance of the Universal Law and 16 sub-laws, we are able to move

away from feelings of “need this” and “must have that“ It becomes easier to release our emotional attachment to things and people.

In the story, the Master was an example of someone who felt true freedom. He had the emotional and physical freedom to experience his life where he wanted, and in the manner he desired.

If someone wastes time on pursuits that don't honor their true abilities and potential, they often find themselves feeling empty. When they are able to master the sub-laws, they can easily tap into their Universal Life Force, and in essence, create an inspired life. Each success will strengthen their faith, conviction and momentum, and eventually they will be so focused and powerful they will be able to experience success of any level at a rapid rate of manifestation.

As our internal power force grows, we may at times feel like we want to help others. Each person is on their own journey and while we can feel compassion for them, it's not our job to work out other people's problems and challenges for them. We are all in charge of our own destiny and journey. It's up to every individual to tap into, and develop their own power and connection to the Universal Law.



- ∞ The amount of success you will experience is in direct proportion to your mastery of the Universal Law and 16 sub-laws.
  
- ∞ There are millions of gifted, yet unsatisfied people in the world. They are unfulfilled because they spend so much time in a state of struggle.
  
- ∞ Honor yourself as the creative and powerful being that you are right now.
  
- ∞ Remain focused on your path to fulfillment or your energies will become scattered and ineffective. When you stray from the path, gently refocus your attentions to get back on track.



Mastering the Universal Law and 16 sub-laws will allow you to achieve every goal you set for yourself. Eventually you will be able to share your gifts with others who wish to experience spiritual and emotional freedom.



## **Exercise:**

### **Releasing Struggle**

Think of an issue that is challenging you. It might be your health. You might feel challenged financially. A struggle with a child, sibling, or co-worker might be present in your life.

In order to stop struggling, you must release the emotions that you have attached to the outcome. One way to help you do that is to play the What If Game.

Concentrate on the issue that's troubling you. Now, rather than trying to imagine things smoothing out or miraculously being perfect, ask yourself what the worst possible outcome could be.

For example, if you're struggling financially, your What If Game might be:

~What if I don't come up with the money to pay my credit card bill?

~What is the worst thing that could happen?

~I could get a ding on my credit score.

~And if I get a ding on my credit score, what's the worst that could happen?

~I could have trouble getting credit in the future.

~And if I have trouble getting credit in the future, what's the worst that could happen?

~I wouldn't be able to get into any more debt.

The purpose of the What If Game is to allow you to get perspective on a temporary situation. If you can release your emotional attachment to what you think the outcome may be, you will feel a huge burden lifted. You can then begin to envision the outcome you do want.

Focus your thoughts on the positive, and release any kind of expectation of how the situation is going to resolve. Just be certain that the situation will be resolved even if you don't know exactly how.



| operate according to a definite, unerring law -  
| know the outcome before | start.

**The Law of Decision** states that *within every challenge and period of your life, once you begin to actively search and seek to uncover the solutions and possibilities around you, you will inevitably run into resistance and at the height of that resistance will come a moment of profound decision. You will either choose to turn back and give up your search or you will decide to see the challenges as mere obstacles on your path to inevitable success. If success is your decision, you choose it despite all appearances and challenges that suggest anything other than success and you decide to do whatever it takes to prevail.*

It's a very powerful thing to embrace a decision. Once you make a decision to take action, or not take action, you are able to let the issue go and get out of the way because the Universe will take care of it for you. People who are successful, driven and determined, seem powerful, because they are. These people have learned that the power

comes in committing to a decision. They are able to confidently release any emotional outcome that may have been attached to the decision.

Knowing that the Universe conspires in concert with you, to bring to you that which you focus on, you can feel the freedom of emotional detachment. When you are certain of your success, before you begin, you do not hesitate. You do not second guess yourself. You lack nothing, you have the determination and confidence to move boldly forward.

If someone you know is struggling with a decision, or perhaps you've been weighing a topic, the important thing is to be certain that the outcome is going to be exactly as it should. Determine the outcome you want, and then believe that it's the exact outcome that you'll experience.

When someone is really excited about something, it's easy for them to stay focused and motivated, and enthusiastic. And it is in these channels of high frequency emotions, that these people are creating their experiences. They learn to begin at the end, consciously determining the outcome of all their endeavors. It is one of the keys to being a deliberate creator, knowing the outcome will always manifest in a way that affords an opportunity for appreciation.



∞ Being confident in the outcome of an activity, before you begin, allows you to move boldly forward, without second guessing your actions or your results.

∞ Making a decision is an action in itself. Deciding to do something, or not do something, means committing to the present moment, and then letting it go.

∞ In the story, we're shown an example of the narrator's persistence. He was excited to learn more from his friend, and yet became frustrated while he waited. His persistence became a singular focus and he would not give up until he was able to meet the Master.



Often times our friends and families can try to put limitations on us. These are born from their concern or fear for our well being. We cannot, however accept someone else's ideas about what we are capable of doing or being.



Often times we are so busy working towards what we want, it can be easy to expect immediate results. The Universe is always conspiring with us, and things can come about or manifest in ways that are unexpected, and not always in the time frame we expect. Be open to the limitless possibilities.



## **Exercise:**

### **Decision Making**

Some decisions feel quite easy, while we might struggle with others. The important thing is coming to a decision, so we can experience all that is set in motion from the decision.

When you have a big decision in front of you, go through this process.

#### **#1 - Ask yourself, 'What do I want?'**

Be very specific. What is the result you are going for and why is that result or outcome so important to you?

#### **#2 - Brainstorm**

Take 5 minutes and write down every single option you can think of that could bring you that result.

Tip: Get out of the box! Do not judge something as possible or not. Sometimes what seems like the craziest option ultimately becomes the best and fastest choice. Things are always much more possible than you realize. So brainstorm without judgment.

### **#3 - Weigh the Pros and Cons**

For each option, create a pro and con column and write down all of the pros and all of the cons that would most like result if you went this route. Here are some questions to ask yourself to help you create your pros and cons lists:

- If I do this, how certain am I that I will get my final desired result?
- Who else will be affected?
- How will they be affected?
- If I do this, will other desired results in my life be adversely affected?
- If I do this, will other desired results in my life be positively affected?
- How will I feel emotionally if this actually happens?

### **#4 - Cons Brainstorm**

Look at the cons for each item and brainstorm how you could avoid or lessen them.

### **#5 - Make Your Decision**

Look at the option that has the most chance of getting you the desired result with the least amount of Cons and then come up with your action plan.

This 5 step process will get easier and faster the more you do it.

Resist the temptation to over analyze. What you really want to do is tap into your intuition and access your gut feelings to help you get into alignment with your authentic self.



If you use these principles wisely and intelligently,  
there can be no uncertainty as to the outcome of any endeavor,  
and no limit to your possibilities.

**The Law of Discovery** states that *within every challenge and period of your life, once you have decided to have complete faith and made that leap, then the source of all solutions and opportunities will be made available and visible to you.*

Any one of us can learn to master our powers of creation and enjoy whatever experiences we choose. Most people believe that there are people who have magical powers or exquisite abilities that others lack. In truth, people who seem to be masters of their own destinies have become masters of the Universal Laws. Learning what works, and then putting it into practice, consistently, produces amazing results. The power to do this is in everyone.

We must see ourselves as powerful creators, as capable and as deserving as everyone else. The same Universal Laws and truths

apply to all of us. Our potential is only limited by our willingness to recognize it.

It's easy for us to give people labels. This separates them from us, and also gives away our own power. When we can separate the message from the messenger, we are able to fully receive the information. If we focus on our perceptions of the person sharing the information, our focus isn't on the message, but the filter we run the message through.

The more practice you put into becoming a mindful and conscious creator, the greater your results will be. You will start to manifest more rapidly, and you will experience more and more success. Some people experience changes gradually, others will embrace their powers of creation and experience rapid changes. It all depends on the intensity each person uses. It's not a question of deserving or undeserving.



∞ In a spiritual sense, every person is equal. Each person has the ability to tap into their potential, and accomplish what they want.

∞ The more you practice doing something, the better your skills become.

∞ Using a personality filter, or seeing things with the ego or personality, will make it difficult to receive the real message.

∞ On your spiritual journey you may experience times where the results of your efforts manifest rapidly, and other times it may be more gradual. The more effort you apply, the faster you will experience the results.



## **Exercise:**

### **Do You Hear What People Are Saying?**

Often we don't hear the full message of what people are trying to share with us. Our personality and perceptions often color our interpretation of the message.

Being a good communicator means being a good listener, and having a good level of self-awareness.

How are your listening skills?

~While listening, do you often think about the next question you want to ask?

~While listening, do you ever think about how you can "top" what was just said?

~While listening, do you find yourself becoming angry or judging what's been said?

~While listening, do you switch off your attention, and start thinking about something else?

Practice your listening skills:

- ~Maintain eye contact with the speaker
- ~Dismiss any judgments or distracting thoughts that may cross your mind while the person is speaking
- ~Maintain a clear, open mind
- ~Ask questions if you need clarity, and repeat the answer back, in your own words
- ~Before responding, determine if your comment will ADD to the conversation or SUBTRACT from the conversation

Because so much of personal growth is spent taking in new information, it's important that you hone your communication skills, particularly your listening skills.

Looking past judgments or assumptions will allow you to more readily receive the information.



Those who take up any subject with an open mind,  
willing to learn anything that will contribute to their advancement,  
comfort, and happiness, are wise.

**The Law of Clearing** states that *within every challenge and period of your life, once the source of all solutions and opportunities will be made available and visible to you, you will need to go through a process of ‘clearing out’ old beliefs and opinions in order to make yourself ready to take full advantage of the power of the new solutions and opportunities of the Universal Law.*

A large component of learning something new is to be open to hearing it. Sometimes it requires pushing past your current ideas of what makes sense, and keeping your mind open to new ideas and possibilities. Not everything can be explained in a way that seems logical. Some of the most ground breaking discoveries of our time came to be because the inventor was brave enough to attack a subject with a new way of thinking about it.

It is time to let go of resistance. Doubt and resistance will keep you stagnant to embracing new things. It will also be difficult for you to share anything new with the world, or enjoy new experiences or discoveries. It's okay to question things and even debate a subject, however when you are truly interested in communicating and learning, you do so without a preconceived idea about the outcome of the conversation. You accept new thoughts and then process and explore them with an open mind and heart. This takes practice!

Just because we don't believe something, does not make it untrue. When it comes to Universal Law, there is no question: it is LAW. If you do not believe in gravity for example, does that mean it doesn't exist? Of course not. Gravity exists even if you don't believe it does. Now of course, because you do believe in Gravity, you see evidence of it every day. And that is true of all Universal Laws; they are in existence every day, whether you believe in them or not.



- ∞ Having an open mind will allow you to learn more, advance quickly, and experience more joy in your life.
  
- ∞ Having an open mind may mean looking past things that seem contradictory, and operating on faith.
  
- ∞ Allow messages and their meanings to unfold to you, in your own time. If you force something, it is pushed further from you. You will learn what you need to learn, in the time that is just right for you.
  
- ∞ Resistance, especially in accepting new ideas, keeps us closed off and unable to fully experience new things and experiences.



By clearing out your mind, and your life, of those things that have taken up space, but provide little value, you make room for more meaningful things to take their place.



## **Exercise:**

### **Eliminating the Mental Clutter**

Often times, mental clutter is made up of worries, negative thoughts, past experiences...a million little things that don't serve us. This mental clutter can overshadow the present.

The easiest way to clear mental clutter is processing the thoughts, rather than letting them take over your brain. Here are 3 ways you can remove the mental clutter.

#### **I. Write**

Move your thoughts from your brain onto paper. You can write stream of conscious, or author an email to someone who is in your support network, or simply write in a journal. If you can record your thoughts, you don't need to keep them stored in your brain. This method also makes it easier to feel less weighted down by a situation, and allows you to process emotions. This method of clearing often provides emotional clarity.

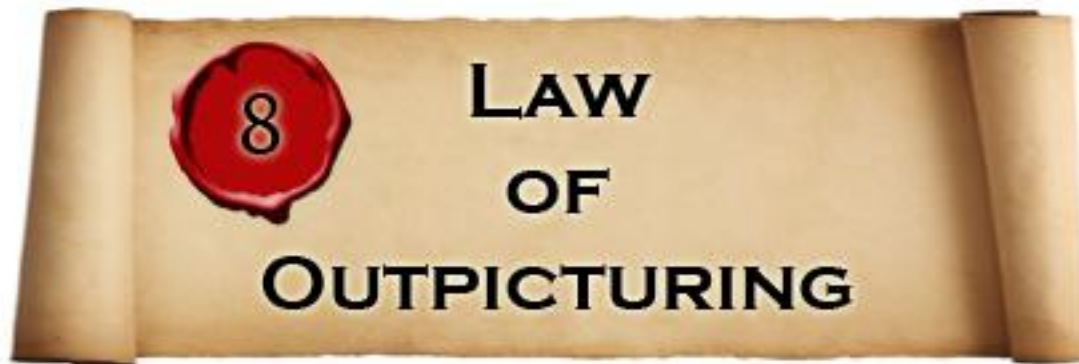
## 2. Talk

This method can be particularly effective if you are a verbal processor. Having an objective person to talk with is great, but if you are alone, the very act of verbalizing thoughts can help to clear them from your mind. You can also talk to your pet, they are always listening!

## 3. Move

Moving is an excellent way to clear mental clutter. Something as quick as a 10 - 15 minute walk can do the trick. A full blown work out can be helpful - it just depends on what works for you.

In order to make room for something new, you have to get rid of the clutter first!



*Any picture firmly held in any mind, in any form,  
is bound to come forth.*

*That is the great, unchanging Universal Law that,  
when we cooperate with it intelligently, makes us  
absolute masters of the conditions and situations in our lives.*

**The Law of Outpicturing** states that *what manifests in our outer world is created first in our inner world. Most often we are taught or believe the process to be the exact opposite, but here is the truth, when you harness the true power of outpicturing, you will discover that you can manifest your desires in your outer world – but to do so, you must start within.*

Everything, and everyone, began from something. From the makeup of our cells to the transformation of our current physical presence, it all began with the power of the mind. It is through our cooperation with the Universal Law that we create ourselves into being.

Our mind is like a huge warehouse of information, clinging tightly to mental imagery and pictures. When our focus is on the images, and our resistance is removed, we begin to create. This is one of the reasons so many personal growth programs speak highly of vision boards. While the approaches might vary, the idea is consistent - when you maintain a consciousness of what you want in your life, especially through imagery, you begin to manifest it more rapidly.

One example of this Universal Law at work is when you think about someone over your morning coffee, and then later in the day, that very person calls you. You can tell yourself “what a coincidence!” or you can recognize that your focus on that person ignited a spark that was put in motion, which resulted in a manifestation. This happens more often than you pay attention to, in fact, it’s often completely overlooked and you fail to see other episodes of this taking place in your life.

The reason that some thoughts do not manifest is because we have conflicting thoughts or desires. And these conflicting thoughts or desires, in essence, cancel out the manifestation process.

Thoughts that are in conflict with what you desire do not manifest. You must be tuned into the manifestation channel, with no conflicting thoughts or feelings, in order to be a conscious creator. The best way to create something is to clear your mind, sharpen your focus, and maintain the thoughts about the person or situation.



∞ When we are able to hold a vivid mental image of something, and we cooperate with Universal Law, we have the ability to control the condition of our lives, and the outcome of any challenge or situation that arises.

∞ The power of your mind created everything in your life, from your physical appearance to all of your experiences.

∞ Any picture held in the mind strongly and with consistent, un-contradicted focus, will eventually manifest into being.

∞ There are no coincidences, just manifestations of what we have held our focus on.



Believing that there are powers outside of ourselves, creating our lives for us, diminishes our power and ignores Universal Law. Believing that we are connected to the great creative power that is the Universal Law increases our power and gives us direct access to unlimited possibilities.



## Exercise:

### Practicing the Power of Manifesting

It only takes about 67 seconds for you to take a thought or desire, and launch it into the Universe, and begin the process of manifestation.

Use this process to practice your manifestation skills:

1. Begin by clearing your mind.
2. Then, think of something you truly want.
3. Picture it, in great detail, painting yourself a very vivid mental image.
4. Imagine what your life feels like, when this situation manifests.
5. Get as detailed as possible. Use as many of your senses in your details.

6. Concentrate on the emotion that flows from you when you imagine this scenario.
7. Hold this IMAGE, hold this THOUGHT, and hold this FEELING for at least 67 seconds.

Do this at least 3 times per day, for several days.

Keep your thoughts completely positive about having this situation become a reality despite any contradictions the outer world might report. Feel confident that the Universe is working with you to bring it into being. Doing so will keep your desire and emotion focused on the object of your attention.

If you maintain this positive mindset, laser like focus, and high frequency emotion, you will see your desire begin to manifest, **RAPIDLY!**



Words are feeble things when one attempts to explain  
these deeper things of Universal Law.  
You have to gradually and patiently advance up to them  
and into them to really understand.

**The Law of Release** states that in order to realize the full power of the Universal Law, you must release your attachment to the physical and realize that the fixed picture in your mind – when connected to emotions – is the actual thing itself.

If you can think or imagine something, that's when it begins to exist. We think our experiences into existence. Our physical senses allow us to have a physical expression of the experience. Because our physical form is constantly changing, it would seem to indicate that we're not really physical beings, but we're our minds. Our physical body operates so that we may experience the expression of what our mind thinks.

The concept that we are our minds and not our bodies is difficult for most people to embrace. After all, we experience our world in a physical way. However, our minds are the foundation of everything. Think about your memories from your early years. Your body changes, but you can remember your past experiences like they took place yesterday. Because our minds are the control center of our existence, they hold the past, but also the future. We think our future into existence.

Universal Laws can be weighty issues to explore. When it comes to complicated matters like Universal truths, the cornerstone idea is that we are all powerful. This is not in alignment with the ideas that most of us carry about ourselves. To consider our full power and potential requires us to challenge our current belief systems, and also to have faith in the absolute power of Universal Law.



∞ The Universal Laws may take you some time to fully understand, and even some patience, but your ability to master and put them into practice will affect your life in ways you've never imagined.

∞ In less than one year's time, your entire body generates all new cells. You are literally a different 'physical' person from year to year and yet you keep all of your memories.

∞ What is reality? Is it the physical body or the mental imagery that we hold in our consciousness?

∞ What the mind can perceive and imagine is more powerful than any physical experience we might have.



You do not need to fully understand how a  
Universal Law works in order to use it.



## Exercise:

### Finding Your Faith

Think about how often you have faith in things around you.

You don't have to understand the inner workings of your car engine, but every morning you put your key in the ignition, and assume it's going to start. You know that the battery will power your ignition, the gas will move from the gas tank, and the cylinders will work.

What else do you have faith in everyday, even if you don't understand all details?

Make a list of at least 3 things you use or do regularly, without necessarily knowing how or why it works.

I. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now take a moment and jot down a few things about the Universal Laws that you believe work, even if you might not understand how.

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As electricity is a great power in the world,  
so the Inner Mind is the greatest power available to you.  
Neither operates independently; both depend upon a separate agency  
to incite them to action, and both bring helpful or harmful results  
according to the wisdom or ignorance with which they are directed.

**The Law of One Mind** states that there is but one mind as there is but one electricity. The many minds that are sometimes referred to are merely expressions of the one mind as every wall outlet is merely an expression or access point to electricity.

There is a collective consciousness that is referred to as one mind. We use our own minds as we develop our desires to fit our unique circumstances. At the same time, we each use 3 expressions of mind - our Inner, Outer, and Deep mind. The Deep mind operates the mechanics of our physical existence: breathing, blinking, sleeping, and so on.

The Inner and Outer minds operate as a communication center. Our Outer mind collects data and develops ideas about what we want to experience, and then passes this data onto the Inner mind. The Inner mind works in conjunction with the Universal Laws to bring our desires into our physical experience.

Because we are constantly collecting data, we begin to become fragmented in developing our lists of wants. Our Inner mind scarcely has time to get to work, before we collect another idea or want, and then we're off to the next. The Inner mind is really the key to working in harmony with the Universal Laws and creating what we want. When we become masters of our Outer mind, our thoughts and attitudes, we have greater success in manifesting. Through conscious effort, we can exert more control over the thoughts we have, before passing them onto our Inner mind or control center.



- ∞ The Inner mind is the absolute most powerful tool you have.
  
- ∞ We have 3 expressions of mind - the Deeper mind, the Inner mind, and the Outer mind. They operate in cooperation with each other, and independently at the same time.
  
- ∞ The Deeper mind deals with our physical functions, the ones we need to physically survive. While the Outer mind communicates our desires to our Inner mind.



The reason we do not manifest everything we desire is because we get distracted. We're constantly collecting information about our next big want. We begin to want something, and before our mind can set forth its creation, we are on to the next thing we want, and so it continues.



The Outer mind takes in information, translates it, adds a judgment to it, and then gives it to the Inner mind. If we could pass the information from our Outer mind to our Inner mind, without judgments, we'd manifest more quickly.



## Exercise:

### Controlling Your Thoughts

If you want to train yourself to think the thoughts that will bring you the best results, you can work to consciously choose thoughts that bring you closer to what you want.

We have more than 60,000 independent thoughts in any given day.

Research indicates that we are conscious of only about 5% of those 60,000 thoughts.

For just one hour, write down every thought you think. You may be surprised at how many thoughts you have, versus how many thoughts you are conscious of.

Once you have a list together, review it, and next to each thought, write down a P for positive, N for negative, and O (zero) for neutral.

Do you have a pattern?

Are your thoughts primarily P, N, or O?

When you notice yourself having a negative thought, work to replace it with a neutral thought.

Work to replace your neutral thoughts with positive thoughts.

With some practice, you'll train your brain to focus and generate thoughts that are in alignment with the emotions and experiences you desire.



If we are to accomplish anything in a big way,  
a set definite objective must be established.

**The Law of Objective** states that to tap into the full power of the Universal Law, you must have a set, definite objective. With this set, definite objective – the inner and outer mind can immediately align to manifest that objective.

Determine where you want to go, and hold the thought of your ultimate destination in your consciousness. When you take a road trip, from New York to San Francisco, you don't have to be able to see San Francisco when you're standing in New York. You simply have to hold the idea of San Francisco in your mind, with the certain knowledge that you are going to point your car in that direction and continue on the journey until you get there. The fastest way to reach your destination is to hold it in your consciousness, and meet every challenge along the way, and continue moving forward.

When you set your objectives, keep flexible and remain open to the process of growth. In other words, keep your objectives realistic so





you don't become discouraged. For instance, you wouldn't set a goal of becoming the President of the United States if you have no background in politics, and have never held public office. Your ability to master the Universal Laws will take practice and you will expand as you continue on your journey.

For the Universe to keep things in motion there must be positive and negative in everything. This completes the circuit. The Inner Mind operates as the positive and the Outer Mind as the negative. We must have opposites as a means of comparison. The Outer Mind reports back on challenges and obstacles, and the Inner Mind serves as the contrast. When we have a set objective, it provides direction for the Inner Mind and gives it something to work on. The attraction of situations and people in alignment with that objective begins to take place in your life.

Without a set objective, people are open to receiving everything that's being broadcast into the Universe, without a filter. Remember, we each act as a broadcasting station and a receiver. Without direction, we become open to all kinds of messages, and this keeps us from being able to focus and can result in chaos and confusion.

When focusing on an objective, we end up giving a part of our life force to it. The longer you hold your objective in your mind, the more power you give it. This allows you to attract it to you more easily. In essence you act like an attraction magnet.



-  On the journey of personal development you might find that you get off track from time to time, but if you have a clear mental image of your intended destination, you can always get back on track.
  
-  Setting your destination is important and then having expectations that match your belief set is equally important. Allow yourself to advance up to your big objective one smaller objective at a time.
  
-  The Universe is made up of negative and positive, providing you with the opportunity to develop contrast. It's a perfect balance.
  
-  Being focused and tuned into what you really want will keep you from becoming distracted by the millions of other thoughts and ideas floating around.



## Exercise:

### Improving Your Focus

Twice a day, practice keeping a specific object in your consciousness for at least 5 minutes.

The item should be simple enough to see it clearly in your mind, but also have some details you can focus on.

Select an object that won't be difficult to envision, but that needs your sharp focus to see clearly. This could be someone's face, your pet, a room in your home, etc.

Once you create a strong mental image, keep this object as your focus for at least 5 minutes.

When you first begin this technique, it may seem difficult.

You may find random thoughts popping up, but every time they do, return your focus to the object. The biggest reason that you might struggle with this is because you are still developing your focus.

The more you practice this exercise, the more laser-like your focus will become.

Use this exercise so that you can keep your goals and desires as a point of focus in your consciousness.



When you work in the Inner Mind, you invoke and receive  
the help of the impersonal, unlimited resources of the universe.

**The Law of Secrecy** states that harnessing the full power of the Universal Law requires secrecy. When your objective is expressed too early, too soon – the energy and force behind your objective dissipates. Secrecy throws the full power of Universal Law behind your objective as your inner mind seeks to out-picture that objective as quickly and powerfully as possible.

The most powerful statement you can make is an “I am” or “I will” kind of statement. We are all part of one collective consciousness, however, when we express “I am,” we unlock amazing Universal power. It allows us to unite with the immense power of the Universe and multiply our targeted and focused efforts of manifestation.

As individuals, we often forget how powerful we are. We may look at our life circumstances and convince ourselves that these things just happen to us or for us. In actuality, it is our individual power, coupled with the Universal power that creates our individual realities.

If we focus singularly on our own creative powers, we are only tapping into a percentage of our power and our possibilities. By coupling with the Universal power, we become truly powerful co-creators.

The Universe provides us with unlimited resources, that we can access at any time for consciously creating. As you become more focused and open, the practice of calling forth assistance from the Universe will come easier. You must believe that you are powerful and have resources at your command. While it takes time to master, you can develop your abilities to call upon the great power of the Universe. You're always able to access this power.

If you are able to relax your mind and body, you will gradually be able to see your ability to master this power upon command. It's essential that you are open to receive and are not in a state of mental or emotional confusion. Your progress will be directly impacted by your ability to apply continued intensity and attention in the direction you wish to go.



## KEY POINTS

- ∞ “I AM” is an extremely powerful statement, because it invokes your personal power and connection to the Universe.
  
- ∞ Each of us has an individual body, but “I” is a universal expression of our oneness and connectedness.
  
- ∞ Working in the “me” consciousness of the Outer Mind is a solo endeavor. Working in the “I” of the Inner Mind allows us to work in conjunction with the Universe.
  
- ∞ The qualities of a “master” exist in all of us. We have only to tap into it, and begin to develop our mastery of our connection and relationship to the Universe.



**Exercise:**

I AM...

Think of 3 powerful I AM statements that make you feel powerful and creative. Write them here:

1. I AM

\_\_\_\_\_.

2. I AM

\_\_\_\_\_.

3. I AM

\_\_\_\_\_.

Say these statements aloud.

How do you feel when you say these things to yourself?

Do these statements feel true and accurate?

Do these statements match how you truly, honestly see yourself?

In order to be in your power, you must absolutely and truly believe your I AM statements. Similar to affirmations, write these statements down each morning when you wake up. Look in the mirror, and say these statements aloud.

At bedtime, when your body and mind are still, repeat your I AM statements to yourself. As you drift off to sleep, attach mental imagery that matches your statements. Envision your statements taking motion and playing in your mind like a movie.

Follow this practice every morning and evening for the next week. Then create your next set of I AM statements. Continue this practice until you feel confident, powerful, and you begin to experience the mastery of your ability to call forth the collective Universal power.



*It is your rightful heritage, your birthright,  
to have anything that you desire, without limit.*

*The Law of Reserve states that continued, powerful use of the Law is only possible when you consistently replenish your life force and nourish your spirit and energy. Outpicturing your set, definite objectives requires consistent focus of your life energy and therefore you must replenish that energy consistently. When you do, there is no limit to what you can master and manifest.*

Each person has the absolute right to enjoy whatever experiences they choose. The difficulty in manifestation may come from the false belief that the Universe has limited resources, or that we are not all entitled to whatever we desire. Perhaps a person believes that he cannot have what he desires, without sacrificing what he wants in another area of his life. The truth is, the barrier to getting what we want in life is scattered focus, which spreads our energy and life force

into multiple directions at once, draining our life force, and therefore draining our creative powers.

Often times people believe that if they have an abundance of wealth, their health must suffer. Or if they have great health, their relationships must suffer. We often tell ourselves that we don't have the right to have it all, and that is not true. We have the ability to tap into a mass of abundance in any area of life we choose, we must however not drain our life forces or we will end up in lack. The key is to cooperate with Universal Law, and remain focused on our objectives.

Each person applies the Universal Law a little differently; however the fundamentals remain the same. It's important that you apply your creative power in your own way. Use both the lessons provided along with your human gift of free will and individualize your process.

It's important as you develop your mastery, that you keep your mind active. Mental acuity is a vital part of manifestation. One of the greatest tools in your tool box is your ability to visualize. If you are able to visualize something as soon as you desire it, your attention coupled with your mental imagery will call it forth. Over time, your skill will develop so that your manifestations happen more rapidly. Keep your objectives alive in your mind's eye and expect to receive the object of your desire.



## KEY POINTS

- ∞ It is your right to enjoy anything you desire, without limits. The Universe is abundant and you can access as much as you determine you have a right to.
  
- ∞ Many people live on the surface, never digging deeper into the depth of their inner power, their Inner Mind. They remain completely unaware of their own amazing power.
  
- ∞ People tend to rely on the information they receive from the Outer Mind. This leaves them feeling hopeless and powerless because the Outer Mind only reports back on the negative and turmoil in our life.



Focusing on our objectives, without applying balance, often leaves deficits in other areas of our lives. We must keep replenished or we risk draining our life force. Without this life force, we are not productive in manifesting any of our desires.



Exclude everything from your vision that you do not wish to manifest. Allowing it to take up space on your canvas of creation, both calls it forth to you and takes away from your resources devoted to what you truly want.



## Exercise:

### You Deserve It

Think back to a time when you were a child.

Remember what it was like when you were about to have a birthday? Friends and family would ask you what you wanted for your birthday. And without hesitation, you read off a list of things you wanted.

Did you ever stop and have an internal dialogue about if you deserved these gifts? Of course not. As a child you simply knew what you wanted, and you believed you deserved it.

Take a few moments and make a list of at least 6 things you'd like to have right now. This list can include items, experiences, or characteristics.

I.

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2.

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3.

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4.

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5.

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6.

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Now, tell yourself that you truly deserve the things on your list.  
Write down at least one reason why you are deserving of each item  
on your list.

1.

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2.

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3.

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4.

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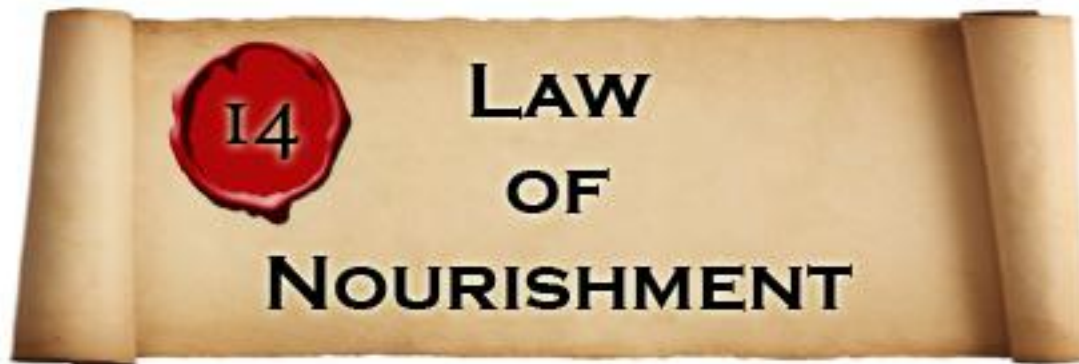
5.

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6.

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To unleash the Universal Power you must first know that it is possible to attract all that you desire and in great abundance, and then you must accept that you deserve it.



These powerful words automatically help you to  
discover and meet your needs.

They act upon your Outer and Inner Mind very much like  
the nutrients in your food act upon your body.

**The Law of Nourishment** states that to keep your life force nourished is as simple as a few, powerful words that when used in specific, nightly practice will feed your energy and replenish your life force.

The way you see yourself, the way you express yourself, and the words you cling to, all hold massive power. Focusing on power words and images will assist you on your journey of rapid manifestation.

Use the list of provided power words, and concentrate on them, assigning each word a value that applies to your interpretation of the word.

Notice how the words FEEL as you focus on them.

Notice the words that bring forth the strongest positive reaction within you and focus on these words. Spend about a half hour on these power words.

Only do this when you are in a positive, powerful mental and emotional state.

Maintain your focus, and do not allow yourself to be distracted by outside thoughts or diversions. Through this practice you will become a master of concentration.

Make this practice part of your daily routine. Each evening allow yourself time to focus and go through this exercise.

You will experience a renewed amount of confidence in your own abilities, and begin to feel powerful. From this place of power, you are more rapidly able to use your focus and creative life force to manifest.



- ∞ Using powerful language and words will allow you to connect the Outer Mind and Inner Mind in powerful concert to help you begin manifesting.
  
- ∞ Focus and sustained concentration is essential to developing mastery of the Universal Law.
  
- ∞ Allowing the outside world, or distractions to take up space in your mind will make it more difficult to focus your intention and attention on achieving what you want to accomplish.
  
- ∞ You can train your brain to work in cooperation with the Universal Law. Getting in touch with your inner power can be done through practicing concentration and focusing on powerful words, emotions, and thoughts.



### **Exercise:**

#### **Choose Your Power Words**

Below are the words from the text you read earlier.

Feel free to add your own power words, including them at the end of this list.

CONCENTRATION	INTELLIGENCE	POWER
PEACE	MEMORY	LIFE
POISE	LAW	YOUTH
HARMONY	ORDER	SUCCESS
GOOD-WILL	FAITH	HAPPINESS
NON-RESISTANCE	CONFIDENCE	ALERTNESS
JUSTICE	SPIRIT	RESOURCEFULNESS

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FREEDOM	HEALTH	PERSISTENCE
GUIDANCE	STRENGTH	PURPOSE
WISDOM	ENERGY	ACHIEVEMENT
UNDERSTANDING	ACTIVITY	FULFILLMENT
INSPIRATION	VITALITY	MASTERY

Use these words consistently, imprint what they mean to you on your mind and your life force will be nourished.



Whoever or whatever it is you resist ~ whether in thought,  
word, or action, in the form of criticism, envy, jealousy,  
hatred, or otherwise ~ you most assuredly help,  
and you weaken yourself proportionately.

**The Law of Resistance** states that whenever you put your life force toward manifesting a set, definite objective – you will meet with resistance. Contrary to popular belief, resistance actually helps you in mastering the Universal Law.

Many people put a lot of energy and time into resisting things, people or situations. What they don't usually understand is the more resistance they have, the more that thing they are trying to resist, will be present in their lives.

Every action requires some level of resistance. Challenges can present themselves as resistance. Our method for overcoming the

challenge therefore should be to keep the focus on that which we do want, and not that which we do not want.

The stronger the desire inside you, the more success you are likely to have in attaining what you want. But desire alone is never enough. If you do not apply action to your desires, you will not make progress. When you put these pieces of the puzzle together, you have the formula you need for manifestation.

You begin by accepting and understanding that the Universe is abundant, and that the Universal Law is at work all the time. Then you begin to master your mind, the most powerful tool for creation.

Believing that you are a powerful being, deserving of anything you desire, and capable of having anything you need or want, is critical to manifestation. Access your Inner Mind in order to work past the judgments and negative thoughts that the Outer Mind observes, interprets and internalizes. In order to do this, you must develop the ability to quiet the outside world, and become at peace with your inner self.

Next set your objective, which is like planting the seeds of your success. You give birth to the desire, turn inward and access your inner power, then couple that with the assistance from the abundant Universe. Maintain the focus and desire, add action, and continue that momentum. The Universal Laws are there to support you and help you achieve whatever you desire, as you are most deserving.



## KEY POINTS

- ∞ The more resistance you apply to something, the more of power it has. Resistance is not always a negative, however. The very act of taking action creates resistance. Action requires reaction to support it. This maintains the balance of the Universe.
  
- ∞ Universal Law is at work all the time. Anyone, from any circumstance, from any station in life, can choose to awaken to it, and begin to consciously cooperate with Universal Law to achieve their desired results.
  
- ∞ In addition to a strong desire, you must have a definitive plan of action. All the desire in the world will not do anything if you do not apply action to it.

∞ Goals or objectives are achieved one step at a time, each step building on the last. The process is similar to building a foundation of a house. With each brick you lay, you have a stronger base in which to continue building.

∞ Once something is set in motion, it remains in motion. Do not stop this process once you begin. Continue looking and reaching for new objectives thriving on the momentum of your previous success.



## Exercise:

### Building a Foundation

The fastest way to build a house is to lay a strong foundation, follow the plans closely, and keep going. You can approach meeting your objective in the same manner.

When setting a goal, you begin by writing down what it is you want to achieve and why you want to achieve it.

Then, you write down the steps or actions you can take to achieve the goal.

Lastly, you give yourself a deadline so you can keep your goal real and reach your goal timely.

Brainstorm and determine 2 goals you want to accomplish this year. Include the WHY or the benefit you'll experience from achieving each goal.

I am going to

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because my life will improve in the following ways

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Now, think of 3 action steps you can take to move you closer to your goal(s) and write them down.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Next, set an end date for when you want to accomplish your goal(s). Be specific, realistic and disciplined when choosing this deadline.

I will achieve my goal(s) by \_\_\_\_\_.

Keep both your goals and action steps visible. Put them on your calendar to keep your momentum going and to hold yourself accountable. Remember to regularly quiet your Outside Mind and tap into your inner power and Inner Mind using focus and concentration.



Take the position that you are master of your being,  
and hold your course firmly to your goal.

**The Law of Mastery** states that you truly are the master of your mind and life force – continue to work with the sub-laws and the power of your mastery will become unlimited.

Remember to operate as if you already have everything you need to succeed. Remain focused and committed to your objectives and as you begin to master your gifts, you will feel your life force increase and continue to propel you forward.

By keeping your intense desires focused in your Inner Mind, you do not allow the Outer Mind to get you off track and find ways to sabotage your dreams.

The more you practice your skills of mastery, the sooner you will find yourself developing new habits and possessing characteristics that bring success more easily within your reach.

If you remember to keep from taking things personally, you will not be influenced by negative outside forces. Things happen, they don't happen to you. The Universe is always supporting you.

The more you tap into the powers you are mastering, the easier your journey will be. The Inner Mind holds all of the knowledge, information, and experience you need to succeed.

The difference between people who experience great success and those who struggle is that those who struggle have not learned how to master their inner power.



## KEY POINTS

∞ Hold an attitude that no person, situation, or thing can keep you from your goals. You may experience many things on your journey - but none of them need to be seen as obstacles. They are only obstacles if you interpret them, and label them as such.

∞ If you encounter someone who does not support your efforts, or who even tries to hold you back, look upon this person as a gift as they are helping you by giving you some of their life force. This gives you the opportunity to renew your focus, and to practice accessing the Inner Mind.

∞ When you are the master of your being, you will experience a profound control over how things affect you. You will be amazed at how easily you can access and tap into your inner power.



Always operate in a state of gratitude, because you have many gifts. As you begin to master your gifts, you will notice that people are drawn to you. Opportunities and situations will begin to appear, and you'll seemingly have the exact information and skills you need to maximize every situation.



## **Exercise:**

### **Practicing Gratitude**

It's important as you master Universal Law and tap into your inner power, that you feel gratitude and appreciation for the gifts and talents in your life. This will bring forth continued momentum and success.

The easiest way to get into the practice of gratitude is to keep a Gratitude Journal.

Every morning, when you wake up, take 5 minutes, and quickly make a list of as many things as you can think of to feel grateful for. You might feel grateful for the restful sleep your body got; the loving family whom you share your home with; your playful and energetic pets; and so on. Think of as many things as you can, and write them on your list.

Carry your list with you. Throughout the day, take out the list and review it. You may also add to it at anytime.

At the end of the day, review your list of gratitude once again. Read the list aloud and allow the feeling of gratitude to take over.

This practice will help you to see the positive in every situation, and to be comfortable in the feeling of gratitude. It will start to come to you more naturally, and become a frequent rewarding emotion.

Every experience you have is an opportunity to feel gratitude.



Now you have in your possession the tools necessary to truly become a Master of your life and circumstances. Do not take the power of the teachings here lightly; the simplicity of the Laws can fool many into disregarding them or discarding them as too easy.

It is up to you to embrace the power of the Universal Law and its sub-laws – give them due focus and then let them work without getting in the way.

You truly can have everything you desire and in great abundance when you tap into the power of the Universal Law.

**You are already a Master; it is time to unlock your power!**

A handwritten signature in black ink, appearing to read "Kristen Howe". The signature is fluid and cursive, with a long horizontal line extending from the end.

Kristen Howe