

Law of Attraction Simplified

TOP 10 TEACHINGS OF THE LAW OF ATTRACTION IS EXPLAINED IN EASY-TO-UNDERSTAND LANGUAGE AND WITH EXAMPLES THAT ANYONE CAN APPLY IN THEIR DAILY LIFE.



BY

TONY TANVIR
SI MEDITATION CENTER

"Law of Attraction Simplified" is an insightful and comprehensive guide written by Tony Tanvir, the creator of Si Meditation, that explores the teachings of the Law of Attraction in a simple and easy-to-understand manner. This book is designed to help anyone, regardless of their prior knowledge of the Law of Attraction, understand the fundamental principles of this powerful concept and apply them to their daily life.

The book covers the top 10 teachings of the Law of Attraction, breaking down each principle into manageable and easy-to-digest pieces. Each principle is explained with simple words and real-life examples that make it easy for anyone to understand and apply the teachings to their own life. This makes the book an ideal resource for those who are new to the Law of Attraction, as well as those who are looking to deepen their understanding of this powerful concept.

In conclusion, "Law of Attraction Simplified" is an essential guide for anyone looking to understand and apply the teachings of the Law of Attraction in their daily life. With its clear explanations, practical examples, and simple language, this book is a must-read for anyone looking to transform their life and manifest their desires.

Top 10 teaching of law of attraction

1. You attract into your life whatever you consistently and coherently work toward.
2. If you want to change your outer world, you need to change the way you think, feel and act.
3. You can control your reality by controlling your thoughts and emotions.
4. You create your own reality, so focus on what you want, not what you don't want.
5. The universe is abundant, so there's no need to be stingy or greedy.
6. Your beliefs determine your destiny, so embrace the ones that empower you.
7. Gratitude is the magnet that attracts abundance and positivity into your life.
8. Visualization and affirmations can help make your dreams come true.
9. The Law of Attraction doesn't work unless you take action.
10. Let go of the need to control, and trust that the universe has your back.

1. You attract into your life whatever you consistently and coherently work toward.

The Law of Attraction states that you can attract whatever you consistently and coherently strive to experience. This means that whatever you focus on, whether it is positive or negative, is what you will bring into your life. The key word here is "consistently" which means that you have to be consistent in your thoughts and feelings towards that thing you want to attract, and "coherently" which means that your thoughts, feelings, beliefs and actions should be aligned towards that one thing.

For example, if you consistently and coherently focus on financial abundance, the Law of Attraction would suggest that you will attract more financial abundance into your life. This could manifest in the form of a new job opportunity with a higher salary, finding a profitable investment, or receiving unexpected financial gifts or bonuses. However, if you consistently and coherently focus on lack and scarcity, the Law of Attraction would suggest that you will attract more experiences of lack and scarcity into your life.

It's important to note that the Law of Attraction is not a magic wand that will make everything happen instantly, but rather a principle that states that our thoughts and feelings have a powerful influence on the experiences and opportunities that come into our lives. It's not only important to focus on the thing you want, but also to take the necessary action towards it, have faith and let go of the outcome.

2. If you want to change your life, you need to change the way you think, feel and act.

Our inner experiences are the reason we do what we do, which ultimately determines the experiences we have in the external world.

For instance, if you believe that you're not good enough, this belief will lead to self-doubt and insecurity. These negative emotions will influence the actions you take and the opportunities you pursue in the external world. As a result, you may miss out on opportunities and experiences that would have been available to you if you believed otherwise.

On the other hand, if you believe that you're capable of success and worthy of it, you'll likely feel confident and self-assured. These positive emotions will influence your actions and the opportunities you pursue in the external world. As a result, you'll likely have more opportunities for success in your life.

You can't transform your outer world until you first transform your inner world. Change begins with identifying and shifting the limiting beliefs, thoughts, feelings, and emotions that are preventing you from achieving your goals and desires. This can be done through various practices like meditation, affirmations, visualization, self-reflection, therapy and personal development.

It's true that the process of changing your inner world may not happen overnight, but it will happen with consistent effort and self-awareness. And it's a journey worth taking!

3. You can control your reality by controlling your thoughts and emotions.

Our thoughts and emotions are under our control, and that we have the power to choose which thoughts and emotions we focus on. This means that we have the ability to shape our reality through the thoughts and emotions that we choose to focus on.

For example, if you find yourself feeling stressed or overwhelmed by a situation, it is important to recognize that you have the power to choose how you react to it. You can choose to focus on the stress and allow it to consume you, or you can choose to focus on finding a solution to the problem and take a proactive approach. This will ultimately determine the outcome of the situation and the reality you experience.

Similarly, if you find yourself experiencing negative thoughts or self-doubt, it is important to recognize that you have the power to change your thoughts. You can choose to focus on the negative thoughts and allow them to consume you or you can choose to focus on positive thoughts and beliefs.

It's important to note that it's not always easy to control our thoughts and emotions, as our mind is influenced by a lot of factors, but with consistent effort and self-awareness, we can learn to regulate our thoughts and emotions, and ultimately shape our reality.

It's also important to note that being in control of your thoughts and emotions doesn't mean that you will be able to control every aspect of your life or that you are immune to negative emotions, but it means that you have the power to choose how you react to them and how you allow them to affect you.

4. You create your own reality, so focus on what you want, not what you don't want.

Our thoughts and feelings are powerful and have the ability to shape our reality. It means, if we focus on what we want, we are more likely to manifest it in our reality, while if we focus on what we don't want, we are more likely to manifest the opposite.

For example, if you are constantly thinking and worrying about not having enough money, you are likely to manifest more experiences of financial lack and scarcity in your life. However, if you focus on abundance and prosperity, you are more likely to manifest more experiences of financial abundance and prosperity in your life.

This principle applies to all areas of life and not only to financial abundance. For example, if you want to be in a loving relationship, but you focus on the lack of love in your life and the reasons why you haven't found the right person yet, you are more likely to manifest more experiences of being single or being in unfulfilling relationships.

On the other hand, if you focus on the qualities you desire in a partner, the things you have to offer, and the feeling of being loved, you are more likely to manifest the experience of being in a loving relationship.

It's important to note that this doesn't mean that you should ignore or suppress negative thoughts or feelings when they come up, but you should be aware of them and shift your focus to what you want. This can be done through various practices like visualization, affirmations, gratitude, and self-reflection.

It's also important to note that it's not only the focus on what we want that is important, but also taking action towards it, having faith and letting go of the outcome.

5. The universe is abundant, so there's no need to be stingy or greedy.

The universe is abundant and there is enough for everyone. It suggests that we don't need to compete with others to get what we want, as there is enough for everyone.

For example, imagine you are looking for a job, and you believe that there is a limited number of job opportunities available, and that you have to compete with others to get one. This mindset is likely to create feelings of scarcity and competition and may lead you to feel stressed and anxious.

However, if you adopt the belief that the universe is abundant and that there is enough for everyone, you will likely feel more relaxed and confident. This mindset may lead you to focus on your skills and qualifications, and to approach the job search process in a positive and proactive way. And as a result, you may find a job that is a good fit for you.

It's important to note that this belief doesn't mean that you should not put in effort or that you should not be competitive, but it means that you should do so in a way that aligns with your values and that doesn't come at the expense of others.

It's also important to note that the universe is abundant doesn't mean that you will get everything you want, but it means that you will have enough to live a fulfilling life and that you can trust that you will be provided for.

It also doesn't mean that you should not have ambition or strive for what you want, it means that you should do so with a mindset of abundance and not one of scarcity, and that you should not be driven by fear or the belief that there is not enough for everyone

6. Your beliefs determine your destiny, so embrace the ones that empower you.

Our beliefs shape our perceptions and experiences of the world. It suggests that if we have limiting beliefs, we are likely to create a reality that aligns with them, and that by changing those limiting beliefs to ones that empower us, we can create a different reality.

For example, imagine you have a limiting belief that you are not good enough and that you will never be successful. This belief is likely to create a reality in which you don't believe in yourself, don't take risks and don't pursue your goals. You may also experience feelings of self-doubt, insecurity and low self-esteem.

However, if you focus on changing this limiting belief to one that empowers you, such as "I am capable and worthy of success", you will likely start to believe in yourself, take risks, and pursue your goals. You may also experience feelings of self-confidence, self-worth, and motivation.

It's important to note that changing limiting beliefs is not a one-time process, but it's a continuous process that requires self-awareness, self-reflection, and action. It also requires challenging and replacing the evidence that supports the limiting belief with evidence that supports the empowering belief.

It's also important to note that changing beliefs is not only about positive thinking or ignoring negative thoughts, but it's about acknowledging and understanding the negative thoughts and feelings and replacing them with new thoughts and feelings that align with what you want to believe.

It can be done through various practices like visualization, affirmations, journaling, therapy, and surrounding yourself with supportive people.

7. Gratitude is the magnet that attracts abundance and positivity into your life.

Gratitude is a powerful tool for shifting our mindset and energy towards positivity and abundance. It suggests that by cultivating gratitude, we can attract more abundance and positivity into our lives.

For example, imagine you are feeling stressed and overwhelmed because of financial difficulties. This mindset is likely to create feelings of scarcity, lack, and negativity. It also puts you in a negative energy state that makes it harder to manifest positive change.

However, if you focus on cultivating gratitude, by being thankful for what you have, you shift your focus from lack to abundance. You may start to appreciate your current financial situation and the resources you do have, rather than fixating on what you don't have. This shift in perspective can help you to feel more positive, motivated and optimistic.

As a result, you may start to take actions that align with your values and goals and manifest positive changes, such as finding new income opportunities, cutting expenses, or managing your debt better.

It's important to note that gratitude is not only about being thankful for material things but also for people, experiences and opportunities that you have in your life.

It's also important to note that gratitude is not only a feeling that you experience occasionally but it's a practice that requires consistency and effort. It can be practiced through journaling, meditation, or expressing gratitude to others.

Gratitude can also help to put you in a high-vibration energy state, which makes it easier to attract positive things into your life. It can also help to create a positive feedback loop of appreciation and abundance, where the more you appreciate what you have, the more you will attract into your life

8. Visualization and affirmations can help make your dreams come true.

Our thoughts and feelings shape our perceptions and experiences of the world, and that by using visualization and affirmations; we can align our thoughts and feelings with our desires, which can help us to manifest them in reality.

For example, imagine you want to manifest a new car. You could use visualization to see yourself driving the car, feel the emotions of having it, and imagine the details of it. The more you visualize it, the more you bring it into reality, and you start to believe that you already own it. This visualization process helps to align your thoughts and feelings with your desire, which can help to manifest it in reality.

Another technique is using affirmations, which are positive statements that align with your desires. For example, you could repeat the affirmation "I am now the proud owner of a new car" or "I am grateful for my new car, it serves me well and brings me joy." Affirmations help to reprogram your subconscious mind and align it with your desires, making it more likely to manifest it in reality.

It's important to note that visualization and affirmations are not magic and they require consistency and effort. It's also important to have a clear and specific vision of what you want and to focus on the feeling state of having it.

It's also important to note that visualization and affirmations should be used in conjunction with taking action towards your goal. Visualizing and affirming that you want something, and not taking action towards it, is unlikely to result in manifestation.

It's also important to note that manifestation is not only about material things but also about experiences, relationships, and personal development.

Overall, visualization and affirmations are powerful tools that can help to align your thoughts, feelings, and energy with your desires, which can help to manifest them in reality.

9. The Law of Attraction doesn't work unless you take action.

The Law of Attraction is not a passive process, but one that requires consistent and persistent effort to manifest your desires.

For example, imagine you want to manifest a new job. You could use visualization and affirmations to align your thoughts and feelings with your desire, but if you don't take action towards it, it's unlikely to manifest. Taking action could include updating your resume, applying for jobs, networking, or taking relevant courses to improve your skills. It's also important to notice that the actions that are taken should be aligned with your values and goals.

Another example is if you want to manifest a new car, you could use visualization and affirmations, but if you don't take action, such as researching car models, comparing prices, visiting dealerships, or saving money, it's unlikely to manifest.

It's important to note that taking action doesn't necessarily mean that you need to know exactly how you're going to manifest your desire, but it means taking steps towards it. Even if you don't know exactly how it's going to happen, the Universe will find a way to make it happen.

It's also important to note that taking action doesn't mean that you have to do it alone. You can seek help, advice, or guidance from others.

In summary, taking action towards your goals is crucial for the Law of Attraction to work because it helps to align your thoughts, feelings, and energy with your desires, and it also shows the Universe that you are serious about manifesting your desires. It also helps to create a positive feedback loop of manifestation, where the more you take action towards your goals, the more you manifest them in reality.

10. Let go of the need to control, and trust that the universe has your back.

The Universe has a natural flow and that everything happens for a reason. This means that even though you may not fully understand the process, you can trust that the Universe will bring you what you desire in the perfect timing and in the perfect way.

For example, imagine you want to manifest a new relationship. You could use visualization and affirmations to align your thoughts and feelings with your desire, but if you're too focused on controlling the outcome, it's unlikely to manifest. If you trust that the Universe will bring you the right person at the right time, you'll be more open to new opportunities and you'll be able to attract the right person into your life.

Another example is if you want to manifest a new house. You could use visualization and affirmations, but if you're too focused on controlling the outcome, such as the location, the size, the price, it's unlikely to manifest. If you trust that the Universe will bring you the perfect house, you'll be more open to different opportunities, and you'll be able to attract the perfect house into your life.

It's important to note that letting go of the need to control the outcome doesn't mean that you're not taking action towards your goals, it means that you're not attached to the outcome. It means that you're not putting all your energy and focus on the outcome, but on the process. It also means that you're not limiting your options, you're open to different opportunities.

In summary, trusting that the universe will conspire to bring you what you desire and letting go of the need to control the outcome is crucial for the Law of Attraction to work because it helps to align your thoughts, feelings, and energy with your desires, and it also shows the Universe that you're open to new opportunities and you're not limiting your options. It also helps to create a positive feedback loop of manifestation, where the more you trust and let go, the more you manifest your desires in reality.