

Your
Magnetic
Mind

PUTTING

*the Law
of Attraction*

TO WORK

IN YOUR LIFE

| **Aan D. Frazier** |



Your Magnetic Mind

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*This book is dedicated to
my husband and children.
Momma Loves You Forever.*

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Introduction

Hello, and welcome. Learning about the Law of Attraction has been a joyful, life-transforming experience for hundreds of thousands of people. It has broken shackles of impossibility and shone light in places where shadows once loomed. It is with this awesome knowledge and a teaching heart that I write this book, so you will not have to sort through the complicated and confusing material that has sometimes been written on the subject.

You will discover that the Law of Attraction is not something you can pocket or even extract from reading. The Law of Attraction serves as the architectural system for how our thoughts interface with our universe. You are already immersed in the law's invisible workings. You use it daily, even if unconsciously.

The Law of Gravity works whether or not we understand it. It even operates when we are unaware of it. But once we recognize and understand the law, we can use it to our advantage, adapting our movements in a way that maximizes gravity's value. Thus were born the airplane, the skyscraper, and the smooth moves of the gymnast.

In a similar way, having a thorough awareness of the Law of Attraction inspires us to utilize it intentionally and consciously, making it work in our favor. Application of this law is a key ingredient in successfully reaching any goal. It allows us to create amazing things and fulfill our potential beyond imagination. Within the pages of this book, you will discover just how valuable the Law of Attraction is in making dreams come true, and just how powerful you truly are.

Chapter 1

The Law of Attraction

The Law of Attraction, simply stated, is that we draw to us what we think about. Have you ever heard the phrase *You are what you eat*? Well, it is the same for the way you think: *You are what you think*. Does that sound simplistic?

Sometimes what seems too simple can cause us to pass up important truths. The Law of Attraction is as real and as invisible as the air we breathe. It's simple, but it must be brought into the light before we can understand how it works.

The Law of Attraction: A Natural Law

From childhood, we began to learn that ours is a world filled with natural laws that govern us.

Lose our balance, and we fall down. Pump our legs, and we swing higher. Contrary to man-made laws, natural laws affect everyone — rich or poor, big or small.

The Law of Attraction is a natural law, like gravity. It concerns our responsibility for influencing outcomes. Less obvious than other natural laws that often provide immediate proof of their existence, the Law of Attraction is sometimes undetected amidst the hubbub of life. Operating beyond the level of the obvious, the Law of Attraction provides results that can be identified in a span from seconds to many years.

What's in a Name?

The name *Law of Attraction* is self-explanatory. It is called that because as we think, our thoughts will attract whatever we are thinking into our life. It works this way because we are always responding to the thoughts that occupy our minds. We think, believe, feel, and behave based on our thoughts.

Widely talked about, the Law of Attraction has several nicknames. Some people call it a “secret”; others call it “the power of the subconscious mind.” Some people compare it with the law of karma. Some say it is a theory, others say it is a fact, and

to some, it is a joke. In my own experience testing out this law, I find it to be absolutely real. I like to say that we have magnetic minds because things will be drawn and cling to our lives according to the way we think.

The Law of Attraction has been considered a secret because very few people knew about it in the past. Although no longer a secretive topic, the understanding of this law and how to use it effectively is not always very clear. Whatever we call it, there is logical evidence of its existence, and it is worth taking a closer look at.

Everything Is Energy

When we are hungry, a snack provides a boost of energy. Everyone knows that food is the source of our energy, right? Think again. Lessons in the Law of Attraction pull back the curtains to reveal that there is more to energy than meets the eye.

Quantum physics has shown that everything in this world is made up of vibrating energy. Energy is available power, and vibration is movement back and forth quickly. Imagine putting on goggles like those used for night vision, only these goggles would reveal all vibrating energy. Such cool lenses would disable our five physical senses

for a moment and show us what the world really looks like. It is a massively busy, pulsating energy ocean, buzzing left and right, near and far. With curiosity and a need to understand the situation, we would take a careful look at ourselves, only to see in amazement that we, too, are masses of vibrating energy in our energy-filled world. How cool is that?

Like when we try on new glasses for the first time, we would have to compare and contrast the perception of our two different worlds. The goggles come off and then back on. A sense of delight and gratitude overcomes us as we realize that our five senses are merely bodily functions that translate the energy in our environment into something the brain can interpret. Our eyes help our brain interpret light energy. Our nose helps us interpret the energy of aromas. With our energy glasses, we come to the conclusion that solids are not really solid at all. They are merely energy vibrating in a way that gives the impression of form.

Ever notice how you can sense “good vibes” from a happy person and “bad vibes” from an angry person? The energy is different between the two people, and we feel it. What causes this difference is the contrast in the thoughts in the

two people's minds. Negative thinking produces destructive energy, and positive thinking produces life-supporting energy.

Which brings us to the next amazing fact: Our minds are massive energy centers that are constantly influencing and vibrating the energy around us in accord with the nature of our thoughts. Thoughts are more powerful than most of us believe. Every thought we generate contains vibrating energy that sets up waves in the universe in response to it, much like a stone tossed into a pond sets up ripples that extend clear to the far side of the pond. Then the ripples come back to the precise spot where the stone hit the water.

In the same way, our thoughts come back to us, bearing the likeness of the original thought we sent out. Our thoughts magnetically attach to things, ideas, and intentions in the environment that resonate with our thoughts. Then those things, ideas, and intentions work together to construct a real-world version of what we were thinking about and send it into our life.

Our minds are that magnetic! Equally mind-boggling is the fact that thought energy can travel through anything, near or far, because nothing is really solid; everything is energy. In this fascinating

way, we are all connected, and we all are constantly influencing each other, wordlessly.

Like Attracts Like

Our minds are constantly playing the role of matchmaker through the use of vibrating energy. It has happened to all of us before: We are naturally drawn to people and things that are similar in nature to our thoughts. We experience absolute delight when mingling with our hiking buddies or chatting for hours with our peers who share our values and interests. Our eyes light up when we find out someone has the same birthday as we do, or that they, too, enjoy following the New York Giants. This peculiar *like* bond is evident in the friends we make, the spouses we choose, and the groups we join. Finding ourselves in arrangements where there is affinity, we say these people “resonate” with us or that we “click” with them. Are we just dabbling in good company or are we connecting on a deeper level than we realize?

The Law of Attraction works upon the simple rule that like attracts like. The thoughts we generate and the quality of energy we vibrate constantly seek out similar energy and magnetize it into our life. The type of energy we possess will be greatly determined by the thoughts we place or allow to live in

our minds. A person hosting positive thoughts will attract people, situations, opportunities, and objects of similar positive energy, and vice versa.

On a more concrete level, simple objects around your home match the thoughts that were previously thought by your mind. That shiny vase on your white kitchen countertop matches with the one you had in mind when you went shopping in search of it. The fresh milk in the refrigerator matches the thought you had about getting some fresh milk earlier in the day. The toothpaste matches exactly the brand you had in mind and were willing to pay for.

Like attracting like is just the working nature of the mind in relation to the Law of Attraction. This is an extremely important piece of knowledge when it comes to discussions in this book. It hints to the fact that if we want to achieve something, we must first place it in our minds. Then we can attract it into our experience.

The Thinking Box

Have you ever casually thought of a song only to hear it later that evening? Learned a new word you never heard before, then hear it two more times the same day? Have you ever tried so hard to avoid dropping your cell phone only to end up suffering

that very fate? Is it coincidence? Luck? A careful look into the causal nature of the Law of Attraction will provide some possible answers.

The Law of Attraction only works off of thought energy and attention found within the mind. It does not know if the energy of your thoughts is something you desire or dread, or whether the thought is good or bad. The Law of Attraction just acts according to the thinking energy that it detects.

It's similar to how Internet search engines work. A search engine will undeniably bring you whatever you type into its rectangular search box. It cannot detect whether the words are good or bad, nor will it have an opinion about them. In fact, the search engine won't have the slightest clue as to whether you want the information you typed into the box or whether you dread seeing it. It just delivers information based on what you type. Then it is up to you to decide what you want to do with that information.

Because of this very indifferent nature of the Law of Attraction, we must be careful about what thoughts we allow ourselves to entertain. The Law of Attraction will not look out for our best interest. That is our own job and responsibility, a characteristic of having free will.

What have you been thinking about lately? Be aware that your mind is a powerful thinking box with precious potential for shaping your present situation as well as your future. Much like a snapshot camera, it can only hold one image at any one time. What will be developed from the thoughts that are captured in your mind?

Understand that concerns are thoughts just as plans are thoughts. Doubts are thoughts just as praises are thoughts. And everything we imagine is a thought. Regardless of the nature of our thoughts, the Law of Attraction will deal with them just as they are: thought energy. Since we are in complete control of our minds, it would benefit us to place only positive thoughts there. This can be viewed as a difficult task at first, but it is nevertheless worthwhile and achievable if we wish to attain desired outcomes.

Real Is From Within

Have you ever escaped into your mind? You drift into la-la land, where you find yourself sitting on the warm sands of Pebble Beach with your favorite drink in hand. As the warm sun makes its way to its resting spot near the horizon, you hop into your Mercedes Benz and drive into the sunset.

Just then your wonderful daydream is disrupted by the sound of your cell phone. You shake it off and realize you are still in your bedroom at home, and your situation is telling you to get real. You mutter to yourself to get back to reality and decide to hold your thoughts in *real* present time for the rest of the day. Most of us think real is what we see, taste, touch, smell, and hear in our current environment. But what is really real?

The Law of Attraction has so much to do with the power of the mind: something we cannot see or touch. Most of us have gotten used to the idea that real is on the outside. The opposite actually holds more truth. According to the Law of Attraction, nothing can be real unless it first starts in the mind. Whether we're aware of it or not, everything within us is constantly creating what we see outside of us.

Unfortunately, we often view ideas within us as *not real*, or "just imagination," so we seldom breathe belief into them. Furthermore, we often take the experiences of our environment and make them become the permanent thinking of our minds. Mindlessly letting the outside dictate our inner self, we become nothing more than our current situations and far from where we wish to be.

Reality starts in our minds, for thought is a form

of energy that holds attraction power, whether it's "imagination" thought or otherwise. All arrows point toward the interesting idea that our unique imaginations are tools for envisioning, dreaming, and thereby creating. A focused imagination will attract ideas and opportunities for us to take action on in order to become the person we desire to become, have the thing we desire to have, or experience the thing we desire to experience.

In reality, we were meant to be successful and happy in our lives. Real is from within; the power to control our minds and influence our surroundings is ours. A student of mine once said that bugs are inside out. With their exoskeleton bodies, their bones are on the outside! If bones were symbolic of our thoughts and imaginations, we should look to insects for a real reminder that who we are on the outside is the direct result of our own thinking. Understanding this will enable us to craft the best exoskeletons the world has yet to see, ones made of our purposeful thinking.

What's the Big Idea?

Knowledge of the Law of Attraction can provide us with an awareness that brings comfort and security, the kind of peace of mind we may not have felt for a while. Our inner potential will be

brought into the light — clear and center-staged, as we come to understand we no longer have to wait for life to hand us our dreams. Realization stuns us, as we recognize ourselves as the stars of our own reality show.

This information empowers us, casting us in the role of intentional creators, living lives based on our own thinking, planning, and doing. No longer will we have to drift along in life *waiting* for things to happen, or leave the future up to chance. According to the Law of Attraction, there is very little chance, if any — only results from thoughts. By choice, we can now abandon a lifetime of creating on autopilot and start to recreate our lives in a conscious, directed style. Supported with this new knowledge, we can become masters of our lives and guide ourselves strategically into a limitless future.

When thinking about a goal, try not to worry how it will be brought into being. Just know in your mind what you want your goal to look like, and your mind will deliver up ways to achieve that. Keep persistent, and you will steadily become the person that matches with your goal.