

# Understanding the Principles of the Law of Attraction.

**-Dr Grace Anderson.**

Perhaps you've become aware of the popularity of the Law of Attraction. The big question is: how can you incorporate its principles into your daily existence?

To do this correctly, we must first understand what the Law of Attraction means and what its guiding principles are. Thankfully, they're quite simple and easy to comprehend.

The Law of Attraction states that *negative attracts negative and positive attracts positive*. The universe can understand our subconscious minds, and it delivers things according to the way we're thinking.

**If we want the Law of Attraction to provide us with positive rewards, joy, and happiness, here are some simple strategies to follow:**

1. **Always give thanks.** For us to live the Law of Attraction on a continuous basis, we must always give gratitude. What this means is that, no matter what we have up to this point in time, we must profess thanks for it.
  - If you sincerely practise this on a continuous basis, you'll be rewarded with many positive things.
  - A good way to practise this on a daily basis is to give thanks each

day upon rising and at night before going to bed. At these times of the day, our subconscious mind is most receptive.

- Proclaiming gratitude keeps us humble and reminds us of all the good things in our lives.

2. **Escape negative thoughts and feelings.** More than likely your life is extremely hectic and stress-filled. It's easy to become frustrated and negative about a lot of issues and situations. According to the principles of the Law of Attraction, we must redirect these feelings immediately. Remember that **positive attracts positive**, but we also must not forget that **negative attracts negative**.

- Because of this, if we focus only on the negative, we'll only attract negative things back into our existence. For example, if you're in a long supermarket line, instead of thinking about how much you hate food shopping, think of your kids' faces when you make their favorite meal.
- There are many people in this world who live a positive existence; *those are the kind of people you must emulate.*

3. **Voice what you want.** As per the Law of Attraction, if you request something, it will be brought to you. Do you want happy children, more money, love, and a well-paid job? All this can be yours, but you need to request this through your subconscious.

- For instance, if you'd like love to be brought into your existence, you must truly picture yourself with love in your life. Imagine how happy you are, the smiles on your faces, and enjoying things together.
- *Just remember that you must request this sincerely.* Only true

positive energy will attract back more positive things. You can't fake it!

***The Law of Attraction proves to us that our subconscious is a powerful tool.*** It's a tool that can provide us with everything our heart desires if we know how to use it correctly.

Incorporate the principles of the Law of Attraction, and with an open heart, you can have a happy and fulfilling life.

If you would like to learn more about how to correctly apply the Law of Attractions in Your Life, then I have something more exciting and detailed for you.

To access this Course, [CLICK HERE](#), or copy and paste this link on your browser to access the training.

<https://drgraceanderson.teachable.com/p/law-of-attraction-secrets/>

Hope to see you there!

**Dr Grace Anderson.**

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