

**Your journey on the  
path of awakening with  
Law of Attraction  
Journaling  
starts here!**

*Law of Attraction*  
JOURNALING

Our purpose at Law of Attraction Journaling is to offer a platform where your heart centered identity aligns with Source energy. Here your Soul, or Self, will reveal its truth as you discern what is going on in your life, guiding you to recognize that Self as your fundamental creative force.

The essential energetic in affecting change in your life emerges from the intuitive satisfaction, or your Soul's delight, of those thoughts revealed and arranged on your potter's wheel via Law of Attraction Journaling.

You simply can't figure yourself out of a challenge in your life or think your way through it. When you write down your thoughts and allow those words to resonate within you, discerning the felt sense of the thoughts, you permit your intuitive guidance to emerge.

*No problem can be solved from the same level of consciousness that created it. ~Albert Einstein*

Before you begin your Law of Attraction Journaling practice, we suggest you take a few moments to jot down your answers to these questions in the Notes section of your Journal:

1. How do you think that a Law of Attraction practice would benefit you in your life?
2. How have you used the Law of Attraction in your daily life, and what were the results you achieved, in general and perhaps specifically?
3. What would you like to attract in your life?
4. What do you think the obstacles and challenges are for you in obtaining the optimal results from a Law of Attraction practice?

## **Useful tips for best results with Law of Attraction Journaling**

Here are a few things to keep in mind as you begin working with Law of Attraction Journaling. Please remember that this is a transformational process, not a quick fix; it's important to allow yourself to take as much time as you need. The heart of the Law of Attraction Journaling process is one of inquiry, looking at differing aspects of your life. Your intuitive answers with respect to these inquiries in each Perspective will allow your truths to emerge. Whenever you need to take a break, just save your answers and return to your personal and confidential journal by logging in to My Journal when you are ready to continue. Do not struggle with it, but be gentle and playful.

### **Before you begin...**

If convenient, it's a good idea to establish a specific time of day for using Law of Attraction Journaling so that it becomes a habit, like brushing your teeth. Also, you may wish to use your PDA or a notebook to jot down thoughts and ideas that arise throughout the day. These notes will give you a head start for your next exploration with Law of Attraction Journaling.

### **Meditation**

If you are involved in a regular meditation practice, you may wish to schedule your journaling after you meditate. Meditation helps us to tune in to our creative expression so it's a good practice to start if you are not already doing so. Guided meditations are readily available online, which is a good place to start if you're new to meditation.

Here is a paraphrased description of meditation from Adyashanti ([adyashanti.org](http://adyashanti.org)), a gifted Spiritual Guide:

Meditation is better named as sitting in silence, more especially enjoying sitting in silence, and recognizing yourself sitting in that silence to be the silence, and recognizing everything else to be a mental projection. Sitting in silence is one of the best truth meters we have to recognize what arises as our projections. Because if it doesn't exist while sitting in silence, while you are not thinking of it, it doesn't exist. Sitting in silence is to recognize the true nature of things.

### **Intuition**

Working with Law of Attraction Journaling leads you to celebrate your intuition, because we *all* have access to it, whether we realize it or not. Allow yourself to stay in the stillness despite the thoughts or feelings that may arise, so as to receive and discern those lighter, inspired intuitive thoughts. Usually, these thoughts coming from Source reveal your best insights. You'll get more practiced at doing this the more you surrender to this process of opening and allowing it to become part of your everyday life. This process expands your language about your life. As you write down these intuitive thoughts and ideas, you're creating a map, or the markers, that reveal the territory. Remember your thoughts are simply the pointers that reveal your true Self. Ultimately this is about trusting your inner voice—your intuitive 'knowing' of your truth and your words then serve as your map.

## Categories

There are five categories for each of the five perspectives in which to sort out your life's concerns. They are: *Health, Relationship, Environment, Purpose and Key Life Insights*.

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The category that best fits the topic I want to explore



### Health

The physical, medical, psychological and spiritual aspects of your life.

Health

[More Info](#)



### Relationship

With family, friends, colleagues, clients, employees, and employers - and yourself.

Relationship

[More Info](#)



### Environment

Personal ambience, social settings, home and decor, clothes, food, vehicle, travel, etc.

Environment

[More Info](#)



### Purpose

What would I love to do that I would do even if I didn't get paid for it? Why am I here?

Purpose

[More Info](#)



### Key Life Insights

A general category to explore your life as a whole or to place your best thoughts from the other categories.

[More Info](#)

Life

## Perspectives

The five Perspectives are separate inquiries made to break down the gravity of your thoughts. They are cross-referenced in each of the five Categories. Law of Attraction Journaling is meant to be used in a flexible format. For example, you can work through each of the categories (Health, Relationship, Environment, Purpose and Key Life Insights) for Perspective 1. Appreciation, then move on to answer each of the categories in Perspective 2. Knowing, etc. Alternatively, you can work through each of the five Perspectives in the Health category, then move on to each of the Perspectives in the Relationship category, etc. The ease of moving to and from Perspective to Category, including juxtaposing Perspectives from different categories and vice versa, is a key feature of this unique design.

Each of the Perspectives by themselves may be considered as separate and independent areas of learning about your life. Considering the five Perspectives as a whole provides deeper understanding.

**Topic / Point of Attraction:** This is where you begin the journey of revealing what is going on in your life around what you want and what you don't want. Relax and take it easy. You are simply allowing your intuitive consciousness room to guide you to move through these Perspectives. You are putting this topic down as though you are going to the guru, the oracle, the Zen master, and you will soon realize that the voice of the master is within you. This is your starting point to write that first thought down in the journey of your awakening.

**Appreciation:** Here you develop more and more of the language for what you value and enjoy and where you gather those moments of joy and delight. Appreciation and/or gratitude refer to that person, place, thing or situation which you love, those things that fill you with happiness. Here you are capturing the energy of sacred moments—giving a voice to the repertoire of those things enjoyed. This is your psychic bookmark that starts to build on how you would like things to be based on your past or present experiences of what you enjoy. It's about recalling details as if palpably experienced in the present moment. Simply put down those experiences that *feel* good. Those are the things and experiences that are wanted. Expansion around what feels good allows you to develop a clearer contrast with what's not wanted, what doesn't feel good.

**Knowing:** In this field we are stepping beyond the individual ego, the small 'me', the self-seeking aspect of ourselves, and entering Source consciousness. It is this plane of consciousness within which we feel awake, present, serene and assured and within which our creative intelligence—our intuition—reveals its truth. This truth is what we know as our true Self. Enlightenment is simply knowing oneself as this Self.

## What do I really know with absolute certainty?

*"The scent of a rose garden reached you. Otherwise, you would have no knowledge of these words." ~Rumi*

**My Vision:** Your vision is the sum total of your Soul's expression in this life. This Perspective is your blueprint or playbook where you explore your answers to inquiries such as these:

**"How would things be if they were the way I'd like them to be?"**

This is where you take your heart's desires and move into the experience of what you want to attract and manifest.

Your responses in the Appreciation & Knowing Perspectives will give you a foundation with which to enhance your answers to the My Vision question.

**Consider the primary inquiry as: "Wouldn't it be nice if I \_\_\_\_\_?"**

A well-formed My Vision expression would also include or speak to fundamental choices. (Please see below under that subhead.)

Allow the answers to this question to emerge in a full experiential way as though you are living the results you desire. Write down these thoughts and images in as much sensory detail as possible. Over time you will be able to expand this to a more authentic, richer, and more comprehensive vision of how you would truly like your life to be. This then becomes your point of attraction to manifest your desires—like lighthouse beams signaling to the universe—sending clear intentions of your hearts desires.

*"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray." ~Rumi*

*"In order to experience anything we desire, whether it is an overflowing bank account, a cozy, harmonious living space, an abundance of time and energy, or loving relationship, we must imagine it first. Thomas Troward writes that in order to have a demonstration, we must first have a mental equivalent of what we desire." ~Joanne McFadden*

**Current Reality:** In this field you view those things that are not yet quite right. It is the arena where you gather your experiences of what is working and what is not working. These include your subtle or subliminal, implicit shoulds and should nots as well as any beliefs and attitudes that may pose limits.

An important aspect of the Current Reality field is that in viewing the energy and information of what's not yet quite right, it loses its gravitational pull. And further, seeing your thoughts from a more dispassionate position allows the revelation of how you would like things to be if they were the way you would like them to be. You realize you are not your thoughts—they are the 'me' expressed as your conditioned mind—they are not your truth. You simply understand and experience these thoughts through the eyes of a discerning observer. You see your circumstances from a wiser, more intuitive vantage point.

Stated another way, your thoughts in this Perspective become nothing more than your guidance, your GPS, your psychic compost from which you grow the roses of your life.

*"Rather than judge those shadow parts of ourselves, we can allow the Divine within to love those parts of Itself, too. Believe it or not, our shadows are necessary parts of who we are. Even Peter Pan acknowledges this by returning to the nursery to retrieve his shadow and having Wendy sew it on, lest he lose it.*

*As we know, the spirit encompasses seeming opposites. Loving our shadow sides, that is, all of ourselves, is essential. When we love our shadow sides, we allow the Divine within to embrace, integrate, and transform them, and we shine forth the very best in ourselves."*

~Joanne McFadden

**Action:** This is the field where you document those intuitive actions that emerge in support of what was revealed in the previous Perspectives of the Journal. For ease in this process, your first action step is to become clearer about what is wanted and what is not wanted. It's important to understand the issues at hand in order to intuit those action steps that are best aligned with your desires. Relax. It is important that you do not struggle with or force any action toward your dreams. Open yourself to discern and discover those simple, doable action steps that are comfortable for you and let them build momentum. You will notice that energy is unleashed and the sense of satisfaction increases as this energy moves you in the direction of your desires.

You may even return to this action field and find many of the things that you listed have been accomplished and therefore can be removed. Additionally, you get to see that your challenge is simply to allow yourself to become more and more oriented by what is the highest desire in any given moment and do the simple steps needed. Simple, doable steps will build momentum.

In essence, honor your feelings and let go of the specifics about how to get the desired results. Allow the Universe to reveal, in its own time, the steps forward on your journey. You will not be disappointed.



*It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it, and the Universe must find a way to bring it about. That's the promise of Law of Attraction. ~Abraham Hicks*

## Perspectives (Continued)

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Topic—Point of Attraction   1. Appreciation   2. Knowing   3. My Vision   4. Current Reality   5. Action

### The topic I want to explore - My 'Point of Attraction'

What is not yet quite right or what you would like to improve?  
Allow yourself to be completely honest. No one will see this but you, unless you choose to share.

Examples [My recent illness](#)

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### **Starting Point**

You begin with your intention to take charge of your mind and allow its reality to be revealed by the courageous act of literally writing down your thoughts. Your very first thought—no matter how seemingly inept, inadequate or inconsequential—is the definitive and powerful first step in your liberation to allow the Law of Attraction to manifest in your life.

Consider this analogy: Your mind persisting unmonitored in its endless speculations, shifting from point of view to point of view, is similar to the quandary as to which stateroom you will book on the Titanic.

Remember, Law of Attraction states you experience what you think about whether wanted or unwanted.

The starting point for the Law of Attraction Journaling program is to address a topic or point of attraction, paying attention to the energy around a particular area in your life. Your point of attraction in Law of Attraction refers to that ongoing energy and information that is always present. Additionally, this point of attraction is most often from an unconscious default belief system, which is filled with misperceptions and is the proximate cause of our suffering in life. Working in our Journals is cultivating the practice of paying attention to our thoughts; being mindful of our thoughts is not something that we are trained or conditioned to do. It's an acquired skill that is not particularly intuitive so that's why it may initially feel uncomfortable.

Further, it may be difficult, perhaps daunting, to put down these initial thoughts; it may be similar to the fear of public speaking. To help jumpstart this process we do suggest that you start with something bite sized and manageable that is presently going on in your life.

Begin by writing something down in whatever appears to be the most obvious or appropriate category at the outset. You have plenty of opportunity to shift or rearrange and edit any of these initial thoughts. Let yourself put down the thoughts just as they appear in your mind; don't try to internally edit or shade your thoughts with what should or shouldn't be 'correct'. Simply allow yourself to reveal those raw, unedited thoughts just as they are. Again, you'll have plenty of time to reshape and reframe these thoughts in this topic field as well as revise and review to a more authentic expression as you explore your topic through the varied perspectives.

Then follow this topic or point of attraction through each of the subsequent fields. You can go in the order displayed, one field after another, or, if you're more familiar with the journal, you can jump around. The idea is to see if you can arrive at a well-formed, holistic, and authentic overview of the situation at hand and allow yourself to develop it through each perspective. Be guided by what thought or reframed expression feels better.

As you practice moving through the journal Perspectives, you will gain more skill and proficiency at discerning what is really going on in your life. You become increasingly comfortable in reframing your life experiences in a more truthful way as well as more adept at seeing your thoughts as merely energy and information.

At this point, you're getting acquainted with what is really going on in your mind and seeing your current points of attraction. In other words, if you are thinking negative thoughts, you will experience some negativity, and, conversely, if you think positive thoughts, you're attracting positive experiences into your life.

As you write down those thoughts, you observe them from a third person perspective and begin to see how the universe is responding to the energy in your life by the results you're experiencing. And, once you see your thoughts, changing those thoughts changes your life. Your present 'Polaroid picture' is what you're attracting and you can change this frame by frame. We want you to see your thoughts as your creative matrix; they are not you but merely the clay on your potter's wheel. Know that your vision and intentions become creative forces shaping your life.

*"The conscious, purposeful appropriation of one's own soul forces is the supreme secret . . . .  
Then I feel the burning desire and intense resolve to create something worthwhile."  
~Giacomo Puccini*

### **Conflation**

Conflating is the combining of two or more ideas such as positive and negative thoughts, feelings or experiences. For example, *"I love my children dearly but in the morning getting them ready for school I get so angry!"* So, loving your children dearly would be expressed in the Appreciation and Knowing perspectives and the experience of angry feelings would go in Current Reality as what is not yet quite right.

Our minds are filled with things we want and things we don't want and our thoughts are often in opposition to each other. So, the challenge is to recognize our thoughts, write them out and clarify our thinking to allow more conscious insight of what is going on in our lives.

### **Editing vs. Censoring**

Editing is refining and clarifying your journal entries over time, and is an important aspect of the Law of Attraction Journaling process. Censoring, however, involves placing value judgments on your thoughts and feelings, which may change how you express them, if at all. We believe this is counterproductive. Consider all your thoughts and feelings as valid, for they reflect some aspect of your life experience whether good or bad. As you think about each question, write down whatever comes to you that feels right to you; you always have the option to return to your entries at a later time should you wish to clarify and/or revise them from a higher or wiser knowing or perspective.

From time to time as appropriate, you may wish to delete the contents of your journal and start from a fresh page, a blank slate.

It's a good idea to get in the habit of asking yourself questions like the following, after completing each of your journal entries:

*Does this statement feel true to me? If not, how would I make it accurate or more specific?*

As you revisit your responses, we hope that you will experience the wisdom that, *"There is nothing quite like that sense of alignment that comes when inner knowing and outer actions become congruent."* ~Anon

### **Being, Having and Doing**

When you are writing in your Journal, consider this suggestion regarding your intentions to BE, HAVE and DO:

*"We often make hasty decisions that satisfy only the most superficial of our intentions, while our action, or decision, defies the intentions that are really important to us."*

*Very often, from a position of lack, we see something that we believe will soothe the lack, and while it may very well satisfy something that we have been wanting, it also very often contradicts other things that we want more.*

*Considering all desires from the perspective of BEING, then HAVING, and then DOING, we will never again find ourselves satisfying only some intentions."* ~Abraham-Hicks

## Fundamental Choice

Fundamental choice reveals an additional depth of Knowing aligned with My Vision, as well as greater intentionality to create and gravitational pull to attract and allow.

Fundamental choice is about your own consciousness as a more deliberate expression of opening up to how you want to be. It's a primary choice of an aspect of your being made with your Soul's intention behind it.

Through your fundamental choice, you express what you're truly committed to.

*"Folks are usually about as happy as they make up their minds to be."* ~Abraham Lincoln

From *The Path of Least Resistance*, by Robert Fritz: A fundamental choice can provide the crucial difference in successfully making the shift from the reactive-responsive orientation to the orientation of the creative. Without making the fundamental choice to be the predominant creative force in your life, you will merely be finding more sophisticated ways of responding to circumstances . . . On the other hand, once you make the fundamental choice to be the predominant creative force in your life, any approach you choose to take for your own growth and development can work, and you will be especially attracted to those approaches that will work particularly well for you. (p. 193)

1. I choose to be the predominant creative force in my life.
2. I choose to be true to myself.
3. I choose to be healthy.
4. I choose to be free. (p. 197)

From a book review: Robert Fritz's most astounding finding is that once an individual makes a conscious decision to be the predominant creative force in his or her own life, that life is changed forever: possibilities are born, projects open up other projects, and the practice of being true to yourself, your project, your vision of life, become more and more effortless. Most important, he dispels the notion that you have to be born "creative"; creativity is a skill that can be learned, practiced and mastered.