

Law of Attraction JOURNALING

Subject: Welcome to Law of Attraction Journaling

Hi Everyone,

Welcome to Law of Attraction Journaling. We hope that you find this a joyful and exciting journey of self-discovery.

Here are a few things to keep in mind as you begin exploring Law of Attraction Journaling.

Please be patient. This is sacred work where you are observing, revealing and managing the information and energy of your life. It's a transformational process that takes time but the rewards are well worth the effort you bring to the process. Therefore, it's important that you give yourself permission to take as much time as you need. 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 with it and if you allow your intuitive mind to guide you—your path is cleared.

Be sure to download the Law of Attraction Journaling Getting Started PDF for additional insights and guidance.

Michael Pearlman, M.D.
LawOfAttractionJournaling.com

Law of Attraction JOURNALING

Subject: Topic or Point of Attraction—An Introduction

Hi Everyone,

I want to take a quick moment to welcome you again to Law of Attraction Journaling. I am confident the Journal will provide you with a roadmap for implementing the shifts you want to experience in your life.

Over the next couple of weeks, you will be receiving emails with guidance around each of the Perspectives in Law of Attraction Journaling. These emails are meant to be mini lessons for you as you get acquainted with the Journal.

If we understand that we are indeed what we think about then here is a unique opportunity to change the trajectory of our lives by changing our language and thoughts.

Writing is a way for us to see what we really think and feel. Being present with what we think and feel gives us the opportunity to change those things that are not yet quite right and to appreciate those things that are perfect just the way they are.

Journaling with Law of Attraction Journaling is equivalent to meditative spiritual inquiry, a sacred experience.

With this in mind, we suggest that you start by choosing a topic that is comfortable enough to address when first using your Journal. The Topic you choose is your Point of Attraction, which is a specific energy point, whether wanted or unwanted, and the idea is to become more fully aware of what you're currently attracting.

Start by choosing an issue in your life that is top of mind for you at this present time. Spend some time on this as it's an important stepping-stone. See if you can get a sense of why it's important to explore this topic. Get clear about what you're placing on the potter's wheel to shape your life. Approach it with a sense that you're seeking guidance from your Source consciousness, which you indeed are.

Keep in mind that you are attempting to create a well-formed Topic for further inquiry—your best Polaroid picture of this moment. Understand that it will likely change subtly or markedly moment to moment as you start seeing a topic through new eyes.

Again, start with something comfortable and there's no need to write a lot about it—keep it bite sized. One distinctive difference between traditional journaling and Law of Attraction Journaling is that ours is not 'brain dump' type of journaling. It's more focused, intentional and results oriented.

I'd love to hear how you do with it. You can simply reply to this email with any comments or questions you may have.

To Your Divine Self-Expression,
Michael

*Law of Attraction Journaling acts as your personal
potter's wheel to create results in your life.*

Private Facebook Group

We have established a private Facebook group to share insights around Law of Attraction Journaling and offer opportunities to speak with me directly in private, [so be sure to join the group](#).

Law of Attraction JOURNALING

Subject: Exploring the Perspective of Appreciation

Hi Everyone,

The Perspective of Appreciation is one of the more accessible to explore in Law of Attraction Journaling. When you appreciate something it's because of how it makes you feel. Focus on approaching this from your heart instead of from your head; tune in to how the person, place or thing you appreciate and are grateful for makes you feel.

What you are cultivating is the knowledge of those words that resonate as your truth of what you enjoy and value.

Recall those moments in your life when you were feeling joyful and at peace. Is there a person in your life that brings you great joy? Write it down. Are you grateful for strong legs that propel you in your weekly running routine? Write it down. Do you love digging your hands in the soil and delight in the smell and colors of the roses you have grown and nurtured? Write it down.

Whoever and whatever you love and appreciate for being a part of your life, capture how those people and things make you feel. When you come from that place, you tend to attract more of those things into your life.

Don't worry so much about trying to fit these things you appreciate into specific categories; just begin to find your own language as you explore the Perspective of Appreciation. As you gain more clarity, you can revisit your entries and edit and refine your words.

We all have the capacity to experience appreciation in our lives, and, when we do, we are happier for it and things tend to go more smoothly. All too often, we lose the connection to that feeling of joy and we tend to operate more from the ego's will as opposed to the heart's will.

Journaling becomes a way of giving yourself access to your soul—your heart's will for your life.

I'd love to hear how you do with it. You can simply reply to this email with any comments or questions you may have.

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Subject: Knowing: Recognizing Your Self as Source Consciousness

Hi Everyone,

The Perspective of Knowing may be the most challenging one to fully grasp. There are many descriptions of Knowing but the definition is beyond words because it's the experience itself that is at the heart of Knowing. Its essence is ultimately Knowing your Self as an aspect of Divinity, your truth—who and what you are.

We experience the existence of this state of consciousness—however fleeting—in moments of joy, ecstasy, bliss, serenity and awe. This Perspective offers a context to bookmark these experiences, to capture these moments as you expand your repertoire and further develop your individual language of the Divine or whatever term you prefer.

In this Perspective, you are stepping beyond your experience of your current reality—the ego, the small 'me', the self-seeking 'me'—and entering into the field of Source consciousness.

Knowing is your soul's recognition of its joy and delight in this life. There is no opposition to the feelings or experience of Knowing, it's Knowing this as your Truth, notwithstanding your ego's chattering. In your Knowing, you perceive a profound awareness of clarity, peace and being fully alive.

Knowing is being 'in the zone' and when we are 'in the zone' we are in the realm of enlightenment.

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[Private Facebook Group](#)

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Subject: Envisioning Your Heart's Desire

Hi Everyone,

In the Vision Perspective, I encourage folks to play with the phrase that begins with, "Wouldn't it be nice if..."

At the heart of this Perspective is intention. The most important aspect of your vision or intention for your life is to choose it! Once chosen, you can begin to fill in your vision with more sensory details and allow inspired action to emerge.

Writing down your vision for your life creates the energy of intention more fully and helps you shake the resistance that inevitably pops up. Exploring your vision, integrating any objections that your ego may throw at you, gives it life.

We each have the capacity to realize our visions for our lives and to reach for the truest, fullest and best expressions of ourselves. The Law of Attraction Journaling Vision Perspective is about engaging in life with the greatest and highest conversations that we choose.

Consider exploring the Vision Perspective as a form of accessing your intuition. As a part of meditative self inquiry, simply ask, "How would I like things to be?"

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Private Facebook Group

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Subject: What is Really Going on in Your Life, the Underlying Forces in Play

Hi Everyone,

The Present Experience Perspective is nothing more or less than a place to explore the energy and information in your life experienced as things wanted or unwanted.

Present Experience is merely your ego's construct, your self-identity, or your conditioned mind—no matter how valid or accurate it is, it is not your truth. Your Present Experience is the vehicle, the fuel, the GPS for true Self expression. It is your psychic compost to grow your garden.

Another way of perceiving the Present Experience Perspective is to view it from a disposition of what's not yet quite right. What you're currently experiencing in your life and your heart's desires create a structural tension to propel you in the direction of your dreams.

Your Present Experience is valid energy and information to use as guidance to perfect your life. Consider your Present Experience as a point of attraction for meditative self inquiry. Appreciate your Present Experience just as it is, and use it as guidance to shift into the Enlightenment fields: Appreciation, Knowing and Vision.

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Subject: A Two-Step Tango with the Universe

Hi Everyone,

Step One, Allow the Universe to Manifest—Your Heart's Desires Steer.

Step Two, Take Baby Steps to Your Heart's Desires—You Row.

Taking inspired action toward your desires need not be difficult nor feel like work for you. Any action you take is in service to aligning heart's will with ego's will, as you dance this two-step tango in the physical world.

Consider the following as a guideline for inspired action:

1. Continue to write, make notes, edit, refine in your Law Of Attraction Journal. Commit to allowing this action to become an aspect of your spiritual practice.
2. Be open to your heart's will for guidance. This is part one of the two-step tango; allow your heart's desires to steer you in the direction of your dreams.
3. Bite-sized steps to your desires. This is step two of the two-step tango. Once you have tuned in to your heart's desires, you intuit the necessary baby steps to make them happen.

The vision you have for your life already exists and is a part of you, otherwise it wouldn't be your vision. But, your day-to-day life has likely made you lose focus or completely lose sight of it. Your actions on a daily basis are simply habits, good and bad. You can start by being mindful of these daily habits or actions and exploring easy shifts you can do that will lead you closer to your heart's desires.

Remember, any action you take toward your heart's desires needs to be doable, realistic and practical from your ego's point of view. That's the way you maintain forward momentum. And you need not take complex or onerous steps—in fact, baby steps are preferable so you can adjust and refine as you move ahead.

To Your Divine Self-Expression,
Michael

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