

# **Breaking The Chains**



## **Law of Attraction Report**

Publisher HFSD

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## **Foreword**

There's simply a single true authority in your life, and it's you. You arrive at the choices. You carry on the actions. If you're seeking some external authority figure, leader, or guru to tell you how to live your life and attain the law of attraction, you're searching in the wrong place. That individual is you. Whether you feel prepared or not, you're in charge and with the help of this report you can start to achieve all that you want...

## **Principles Of Attraction**

Harnessing The Power Of The law of attraction To Achieve Your Life's Desires

**First things first:** What can **YOU** expect to get, when you read this report to the end? An understanding of how to apply The Law Of Attraction.

**WARNING!!** Not Everyone Who Teaches the Law of Attraction Actually Knows What They're Talking About!

How To Escape From Jail (...A Jail You Don't Even Know You're In Yet!)

Why The Law Of Attraction **WILL NEVER** Work For You (The Way It's Most Commonly Taught)

**Step One:** Reverse the Brainwashing

**Step Two:** Raise Your Vibration to The Level Of Abundance

**Step Three:** **KNOW** what you **WANT**, and quit worrying about **'HOW'** it's going to happen!

**Step Four:** Stop Pretending That You Are **Not In Control!**

**Step Five: How To Retune Your Destiny To **AUTOMATICALLY** Manifest  
Almost Embarrassing Levels Of Abundance**

This is literally an idiot proof technique for making more money in a week than  
you used to make in a month

And not just money but whatever dream you might have right now

This is the secret that will make it into **YOUR REALITY**

# Chapter 1:

## What Is LOA

The items we're attracted towards tell a lot about us; after all we're about your attraction. **Note**, here I'm substituting thoughts with attraction. We, in the present, are the residue result of our preceding thoughts or attractions.

We are what we **THINK** we are.

Put differently we in the here and now are the manifestation of our preceding or recent thoughts or attractions. Isn't it intriguing, the cause and effect mechanism, "what we are in the here and now is caused by preceding thoughts", this incredible fact arms us with the might to manifest what we seriously want, by drawing it into the present. LOA is a beautiful phenomenon. Isn't it?

Be very careful of your thoughts!

## The Beginning

If you ask about the history of the law of attraction, I've only one answer, the law of attraction started working the day The Universe was conceived and the same day the law of gravity began working.

The debate about Law of Attraction can be found all the way back to the 19th century and like all pseudo-spiritual and spiritual movements the debate about Law of Attraction did not come from channeled entities.(from spiritual forces)

Thomas Troward started the New Thought Movement in the 19th century in the United States and had a strong influence on the movement.

He claimed that the thought process of a person precedes all physical form and hence the mind's action can plant the nucleus which if it is allowed to have an

undisturbed growth will eventually attract all the necessary circumstances for outward manifestation.

### **Like Attracts Like**

Between 1900 and 1911 James Allen another English New Thought writer wrote a series of articles and books which were continued by his wife Lily Allen.

In 1902 James Allen published one of his best-known articles, “**As a Man Thinketh**”.

This formed the basis of the New Thought Movement in the early 1900's.

William Walker Atkinson in 1906 started using the phrase ‘like attracts like’ in one of his famous books, **Thought Vibration** or the **Law of Attraction in the Thought World**.

These articles started the basis for the debate about Law of Attraction being revived and the revival continued when Elizabeth Towne summarized the principal of the Law of Attraction by stating that a person is what he or she thinks, and not by what he or she thinks, they are.

Wallace D. Wattles is one of the early authors of the New Thought Movement and also on the Law of Attraction when he wrote that things can be made from thinking about them.

He also wrote that our thought process is actually a substance which can help in the outer manifestation of things, but to do so a person must transcend to the creative mind from the competitive mind.

This principle was supported by quantum physics when Neil Bohr discovered that energy can be in the form of a particle or a wave.

Moreover, energy is completely dependent on the expectations of the observer.

During this time, Napoleon Hill published two of his famous books, the **Law of Success in 16 Lessons** and **Think and Grow Rich**.

These two books went on to become some of the bestselling books of all times which discussed the importance of controlling a person's thought process in order to be successful in life.

Napoleon Hill suggested that the secret to achieving success is by attracting positivity and success into one's life by actually thinking about positive happenings and success.

In 1937 Israel Regardie published several books on the concept of Law of Attraction as having a biblical basis and one such book, '**The Art of True Healing**' teaches the reader about using the technique of focused meditation to help healing of the mind at a spiritual and physical level.

Regardie suggest that Law of Attraction can be used to attract good physical health and is also applicable in the pursuit of success in different aspects of life.

The Law of Attraction is one of the most frequently discussed topics of recent times and it practically has gained a celebrity status because of the exposure it has been receiving from the media.

Practically everyone is discussing the concept of Law of Attraction and its biblical basis.

Almost every living being on this planet operates on the concept of the Law of Attraction hence many believe that we as human beings simply have no choice other than to follow the concept of Law of Attraction.

Most people believe that each individual has the power to consciously focus on a particular object to achieve the object.

It is believed that the Law of Attraction works every second in every minute of our everyday life.

Most people believe that there is practically no escaping the Law of Attraction moreover since it is a biblical concept.

Many Christians believe that the Law of Attraction is similar to the Law of gravity which can help in considerable transformations in a person's life through empowerment and self-mastery.

Now we know the name of this beautiful and life metamorphosing law as the law of attraction. The breakthrough of Quantum Physics has been critical to unearth the buried possibilities the law of attraction has. Let us all feel to be blessed with this finding.

We all are utilizing the law of attraction in one way or the other, whether we're aware of it or not.

If we wish to exploit all the buried possibilities and magical ability of the laws of attraction, then we have to be observant and draw in with faith, only what we wish.

I like to call it, being a Power Puller. Center on the ends, blank out the means.

The more centered we are toward the ends (what we wish) the quicker the means (how to acquire what we wish) will follow.

I love to remember a lot of incidents in my life, when I wanted items badly at the same time I bore literally no thought how I would acquire it, simply that I attracted what I wished, and finally one fine day, it was right in front of me.

The most crucial thing we have to comprehend about manifestation is that the items you want might not come to you immediately. I realize that there's something known as divine timing.

A few of the most astonishing things that have happened to me in my life took longer to happen than I wished because I had to grow as a person. I had to evolve in some manner.

Look around, wishes do manifest, but we need to keep the faith and be observant. This is a beautiful and incredible law.

Each day is so exciting for me, how come?

Well, because, there are many people, who ask me, does the law of attraction truly work? And I feel so speechless when I try to prove to them that uh-huh, it does work.

As any other skill individuals possess, manifesting is no different from playing an instrument or cooking. How great you are at it depends upon how effective you've become at performing it.

And, while a few of us are better at particular skills that doesn't mean the remainder of us, with use, can't better or even surpass the talent conveyed by another.

Those individuals who are effective in attracting have disciplined their minds to center on their desires. They've learned it so well that they frequently don't even know how they do it.

Abundance comes to them by nature. They wouldn't blink an eye if somebody suggested they don't deserve something, it isn't part of their world.

Seizing a better understanding of how the "Law of Attraction" works is the 1st step in getting abundance into your life.

The law of attraction may be applied in every walk of life (be it achieving a dream life, getting your ex back, drawing in abundance, discovering a perfect soul mate, or a better relationship).

Anyway we're already utilizing the law of attraction in almost all walks of life. The intriguing fact is, many of us are yet not aware of it.

Recent scientific research has shown that thoughts have substance with their modern equipment thoughts can actually be seen entering the brain and depositing that information there as you think.

# Chapter 2:

## **Being Dedicated**

To become competent in any fresh attempt at anything, you may need to invest a substantial quantity of time, frequently a lot of years.

It's imperative that you supply yourself sufficient time to build your effectiveness.

Your brain has to gain enough experience to arrive at the state that will help you achieve the law of attraction.

## **Stay With It**

If you throw in the towel too early, you'll never complete the shift from novice to expert, and the expert level is where most of the payoffs are discovered.

If you hear someone state that success is easy, hightail it as fast as you are able to as you're about to hear a sales pitch for some product.

The honest truth is that it's truly hard to win at something you've never executed previously.

But that's absolutely all right. Get the picture that failure and success aren't opposites. If you bomb, it signifies you're taking action, so you're making mistakes and training yourself.

Success occurs by nature once you finally learn how to take the right actions.

Be patient with yourself as you experience failure.

When you're pursuing a goal you truly want, the sort that nearly brings you to tears when you consider it, then you have to persist with it. Regardless how hard it gets, don't stop.

Don't press yourself to achieve massive success at the beginning. Merely do the best you are able to.

At the start, your best may be scarcely one notch above total half-wit, if you're lucky. Sooner or later you'll earn a little basic competence.

And farther down the road, people will call you an authority - an authority being a person who's failed enough to win at getting what they want.

It's incredibly inspiring to watch individuals battle through one failure after another without quitting.

From the exterior looking in, it may appear as if they can't possibly succeed. However they still hang in there and try.

Finally they learn what they have to learn. They successfully align their expectations to fit reality, and finally their actions start bringing the intended results.

I'm struck by those who I can see are bound for greatness, but no one else realizes it yet. The true sign is always the same- persistence.

If you're clear about what you want, settle for nothing less. Admit that success will take time, maybe much longer than you'd like.

Free yourself of the fast and simple, something-for-nothing mentality.

Keep your head down, work hard, and comprehend that your work will eventually pay off, as long as you go on learning and developing. And with this in mind, let us move on.

# Chapter 3:

## **Connecting With Spirituality**

As we are all inherently connected, we perpetually influence each other by the spiritual choices we arrive at.

Consequently, our spiritual practice isn't merely a private issue.

Our personal spirituality has a collective affect and should be considered when using the law of attraction.

## **Get Your Connection In Order**

A lot of severe conflicts in the world result from the decision to pass on feelings that label other humans as unworthy, damaged, or evil.

If we're to live consciously, such beliefs must finally be abandoned as they're out of alignment with truth, affection, and power.

The health of the whole can't be preserved when the parts decide to battle amongst themselves and the LOA will not be used correctly.

Your private spiritual duty is to ensure that you hold beliefs that are lined up with the principle of unity.

To the extent that you brush off this duty, you cause harm to others by teaching separateness instead of unity.

Only when we all learn to line up with truth, affection and power at the individual level, will we be able to achieve peace and the power of attraction.

You can't delegate this to anybody else.

In the end this is a quest you have to act on for yourself.

In order for your beliefs to be lined up with the law of attraction, they have to be effective.

This implies that they have to, in the final analysis, meet the following 8 measures:

**Precise.**

Effective beliefs have to be consistent with your observations of truth. Your beliefs can't contradict any facts you comprehend to be reliable.

**Broad.**

For your beliefs to be effective, they must jointly address your entire realm of experience. If you experience matters that lie outside your beliefs about truth, then your belief system is incomplete, and an incomplete belief system might never be totally trusted.

**Flexible.**

Effective beliefs adapt well to new conditions. They provide appropriate guidance irrespective of your job, income level, relationship situation, life-style, etc.

**Honorable.**

It's never good to acquire beliefs that lead you to harm yourself or other people. Such thoughts are founded in concern and ignorance.

Effective notions don't urge violence or dishonesty.

### **Congruent.**

Either your beliefs must be internally consistent with one another, or you have to have a clear process of resolving things that don't jive.

### **Consciously picked out.**

You inherit your initial set of beliefs from your raising and social disciplining. But as a completely conscious grownup, those beliefs ought to be identified, examined, and then by choice altered or reintegrated.

This is an "in progress" procedure that may take years, if not your whole life.

### **Pleasure-increasing and/or pain-reducing.**

Effective beliefs make you feel good, either by advancing your emotional state or as a side effect of bringing about the results you want.

Effective notions likewise reduce fear by bringing reality to the difficult to understand.

### **Empowering.**

Your beliefs should let you experience whatever is technically possible; they ought to never mislabel the possible as impossible.

Subject, naturally, to moral and honorable conditions, your beliefs shouldn't unduly restrict your abilities. If you trust something is impossible for you, then it must really be impossible, regardless of your thinking.

If a mental shift would alter your abilities, then your notion is both disempowering and inaccurate.

# Chapter 4:

## Command Your Mind

At present there is a debate in science regarding the mind being what the brain does versus the brain doing the bidding of the mind.

The decision you take on this will impact how you view free will and choice.

You do have free will however I am going to offer the alternative that the brain does the bidding of the mind.

You are a thinking being, you are constantly thinking even when you sleep this is when you sort out your thinking (as you sleep).

As I have said there is a debate in science regarding the mind and how it influences your very being, too large a debate to cover in this short report I also repeat that you have free choice in what you wish to believe.

What I do say is that your choice on how you focus your attention on your daily activities affects the chemicals and proteins also the wiring of your brain.

There are scientists who are proving the relationship between what you think and how you understand yourself, your beliefs, dreams, hopes and thoughts, has a huge impact on how your brain works.

They have proven with the aid of new scanning developments the relationship between your thoughts and your brain. They know that thoughts have territory in your brain claiming territorial rights to that space.

Research also shows that over 75% of mental physical and behavioral illness comes from your thought life.

# Chapter 5:

## **Tips to achieving LOA**

Consciously or unconsciously, you are creating your life and the environment around you with your thought process.

Many people tend to misuse the Law of Attraction and then start asking why they did not get what they wanted. People usually misuse the Law of Attraction rather than surrendering to a larger purpose in their life.

The most common misuse of the Law of Attraction often includes focusing on the things lacking in your life.

You must always ensure that you acknowledge the good things in your life rather than focusing on the things lacking in your life which results in the misuse of the Law of Attraction.

If you are single and wish to find a life partner and you wish to use the Law of Attraction to find a life partner you must start by asking yourself about how you are as a person.

Are you grateful for all the good things in your life, do you find yourself trustworthy and lovable?

If you answer in the positive to all these questions you will find a life partner with the help of the Law of Attraction and if you answer the questions by finding that you feel miserable and lonely without a life partner you might end up attracting the wrong person.

This can also happen by not being consistent and clear about what you want.

There are many people who know what they do **not** want but they are rarely clear about what they actually want.

Hence, it is imperative that you remain consistent and clear in what you want.

Often determining what you want involves exploration of the things that bring true happiness into your life.

For this, you must be able to surrender yourself to a larger purpose in life which will help you find what you truly desire in your life.

For example if you have recently experienced a break up you can start by rebuilding your life, nourishing and nurturing yourself till such time you are ready to enter into a new relationship.

After this you can start looking out for new partners and find the right life partner. However, you must ensure that you do not focus on the negative lacking part of the desire.

In case you are constantly bombarded with negative thoughts such as feelings of anxiety, stress, nervousness, jealousy and even inferiority, you will start observing negative reality in your life.

# Chapter 6:

## Understand Your Potential

All that the mind achieves and all that it fails to achieve is the direct result of your thoughts.

Were you taught from childhood that you should never stop dreaming? And never give up on your dreams.

The others were not encouraged to dream, but they still have them and are confused that they are unhappy with their lot.

They sit in offices looking at computer screens feeling closed in by the four walls around them, wondering **“is this all life means?”**

Whereas the dreamers are dreaming about different things like dancing, singing or travelling to somewhere new. They still feel chained to their desks but they are talking about their passions for life.

Should you feel chained to your desk and have a wish to do something else you need to understand the Law of Attraction and the path it leads to achieving unlimited dreams

Take a minute to set down a few of your present beliefs about reality.

What do you trust to be real about your health, career, kinships, monetary resources, spirituality, and so on?

Then check out the criteria above to see how your beliefs measure up. If you don't like what you see, craft greater systems of belief to supersede the old ones.

This report ends here to read more and to get the full product, please [click here](#) to get the full product.

## Wrapping Up:

There are numerable Laws in the Universe and to show you what I mean here are a few (too many to list them all) which may reveal why you don't always achieve what you set out to achieve...

**The Law of Divine Oneness** - everything is connected to everything else. What we think, say, do and believe will have a corresponding effect on others and the universe around us

**Law of Vibration** - Everything in the Universe moves, vibrates and travels in circular patterns, the same principles of vibration in the physical world apply to our thoughts, feelings, desires and wills in the Etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

**Law of Action** - Must be employed in order for us to manifest things on earth. We must engage in actions that supports your thoughts dreams, emotions and words The Law of Action must be applied in order for us to manifest things on earth. Therefore, we must engage in actions that support your thoughts, dreams, emotions and words.

### **The Law of Cause and Effect**

This Universal Law states that nothing happens by chance or outside the Universal Laws. Every action has a reaction or consequence and we "**reap what we have sown**"

**Law of Attraction** - Demonstrates how we create the things, events and people that come into our lives Our thoughts, feelings, words, and actions produce energies which, in turn attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

**Law of Rhythm** - Everything vibrates and moves to certain rhythms.. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's Universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness

**Law of Gravity** You all know the Law of Gravity what goes up must come down.

### **Laws of Physics**

The basic laws of physics fall into two categories: classical physics that deals with the observable world (classical mechanics), and atomic physics that deals with the interactions between elementary and sub atomic particles (quantum mechanics).

For information on all of these simply go to <http://www.google.com>

To your very best success wishing you every good wish of the Universe

Fred Scott.

<http://www.fulfilledabundance.com>