

HOW TO ATTRACT LOVE

Attract Your Heart's Desire
An Interactive E-Book

BY LAURIE J. BRENNER

How To Attract Love

©2009 Laurie J. Brenner
Wildwind Enterprises
All Rights Reserved
\$24.95

This E-book may be distributed freely electronically and shared by you with anyone to whom you think might benefit from it. However, it **MAY NOT BE SOLD, hard copied and distributed, re-branded, or changed in any way shape or form.** If this e-book is altered in any way, it will be considered an infringement of copyright and subject to copyright laws.

If someone sold you this e-book, then please go to:
<http://www.wildwindenterprises.com>
and as a courtesy, use the contact form to contact me.

DISCLAIMER

As with all things in this day and age, herein I must write this disclaimer. While everything in this e-book is true and these techniques have worked for me to create the things in my life, I cannot guarantee they will work for you. We are different people and the techniques may not work for you. If you purchased this e-book, you have obtained it illegally. If you purchased this e-book, you have purchased it from someone who is selling it *without permission*; that person is responsible for their actions under copyright laws and will be prosecuted to the fullest extent of the law.

Use this book and the techniques at your own risk.

Laurie J. Brenner and Wildwind Enterprises take no responsibility, real or implied, for the results you achieve in your own life in any way shape or form.

If you are successful with these techniques, it is because of you.

You are the creator of your experiences. If you are not successful, the same is true: you are responsible. Please note that the law of attraction is not about placing blame, it is about accepting responsibility. If you go to any of the recommended links in these pages and have an unpleasant experience, that too is of your own creation and experience. You are wholly responsible for what happens to you when you use the techniques in this book, visit the partner links, or purchase their products.

This book is written for your entertainment only.

Thank you. With that said—please enjoy and may you soon experience whatever it is that your heart desires, remember to walk softly and do no harm.



Wildwind Enterprises
P.O. Box 1794
Diamond Springs, CA
<http://www.WildWindEnterprises.com>

Published in the United States by Wildwind Enterprises

Table of Contents

1 Manifesting.....	1
2 Connect With Your Source.....	18
3 Align Your Vibration	24
4 Remove Your Blocks.....	29
5 Attract Love.....	31
6 In Conclusion	43
7 Resources.....	44

PREFACE

Source has encouraged me to write this and give it to you free of charge. The information in this e-book is that exact same information that you will find in many programs, albeit for a fee. Whether it works for you or not, will be based upon several factors:

1. What you do with it.
2. Whether or not you believe it will work for it.
3. The value you place on it. (How can something FREE be worth anything?)
4. Whether or not you do the steps in the book.
5. There are no shortcuts.

Most people think that manifesting their desires requires no effort other than a thought here and there, some visualization, and nothing more.

This couldn't be further from the truth.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



*Money will buy you a fine dog,
but only love can make it wag its tail.
Richard Friendman*

1 Manifesting

The Law of Attraction Hullabaloo

Unless you've had your head buried in the sand since March of 2006 when the movie *The Secret* blasted into the world consciousness, everyone's been talking about nothing else BUT the Law of Attraction since and even more so with the recent low tide of the global economy.

As of the creation of this e-book in May of 2009, more than 12.4 million copies of the book version of *The Secret* have been sold and more than 3.4 million copies of the DVD have been sold. A whole lot more people have actually seen the movie than have bought the DVD as it was also offered online for a one-time viewing before it was released onto DVD.

At the end of 2007, it was also released as a feature film of the *Spiritual Cinema Circle*. I am sure that as of this writing, more than 20 million people have seen or heard about *The Secret* in some fashion or another and that number grows every day.

While many people watched the movie, some decided that its principles were easy to teach, without having the time in or experience with its principles. Several folks instantly launched businesses under its banner.

While some of these folks may have experienced instant success with its teachings, most of them thought it was something they could easily teach to others and make money from as well. Unfortunately, large numbers of

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



these 'teachers' have no clue of what the tenets of the Law of Attraction or spirituality really entail.

Regrettably, while many are good intentioned, oftentimes more harm than good comes from their ministrations. You follow their suggestions, things don't work out, and you end up saying, "the law of attraction doesn't work."

The Law of Attraction Does Work!

Obviously, it works in some fashion already for you. You wanted to find a way to make it work and you attracted this FREE e-book to you telling you how!

That's why I decided to write this e-book and give it away. One—I need to give back something to you and others because I have been so blessed in my life and two—I am also using this as a tool to let you get to know me—maybe you might want to read something else I've written. That's it—all of it. No hidden agenda, no hidden motives—everything up front. This is who I am. I don't believe in trying to *scare* or *hypnotize* people into buying or getting something they do not want or need. In the long run, that does not serve you or me.

I began writing on these principles beginning in 1997, posting to the internet on the now defunct *Themestream* site. Shortly thereafter, I also started an e-book on the same topic but set it aside when my husband and I began another journey: that of designing and building our dream home in the Sierra Nevada of California. That took all of our time for a long time. That original e-book begun in 1998 eventually became known as *The Little Book of Becoming*, now a paperback on Amazon.com and in e-book form from my website: <http://www.littlebookofbecoming.com>.

While my own shingle didn't hit the internet until 2007, (I live in a rural area and it took until late 2006 to get a satellite internet hookup installed), this has been on my agenda since before the internet. I've always had the desire to write and share what I've learned through life as well as to write and entertain.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



I have been a student of this teaching (along with many others) since before a good many of you were born. The principles of the “law of attraction” can be found in many places from Buddha's teachings to those of Christ and others. It's definitely not new and it's definitely NOT a *Secret*.

My Spiritual Journey

I was born in the early 1950's and by the mid-to-late sixties; you would have called me a hippie. Yep, I was one of those tree-hugging, peace and love types. In fact, that part of me hasn't changed. But the journey I took from there to here has undergone many transformations and followed many winding roads.

By the time I was eighteen, I was a born-again, dyed-in-the-wool baptized-in-the-spirit-speaking-in-tongues-channeling Christian. Oftentimes living on faith—faith that the Lord would provide—having no money and a young baby on the way. And provide He *always* did. By the time I was twenty-four, the Christian clothes no longer fit me. Fed-up with the hypocrisy of Christians who couldn't walk the talk if they tried, churches, and religious dogma, I left Christians, the church, and religion altogether.

Christ taught one thing under and over everything else: *unconditional love*. Love does not condemn nor judge. I have yet to see a religion that does not condemn or judge, no matter WHAT you tell me. The very act of attempting to convince me that I must be saved, must join your church, or pray the way you do is saying one thing: I am not acceptable the way that I am. In my book, that is one huge load of horse manure. That stuff works well in the garden—that's the place for it.

Since we are ALL the children of the Divine, we are already *perfect* in our core being. Anyone that tells you different is trying to manipulate or control you. If you are harmful to anyone or any thing or you do criminal acts, it is not because you are inherently bad; it is because you are disconnected. It is a behavior issue.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



You can unconditionally love a human being while at the same time not like the way that they behave. Every parent knows this. Do you think that God Almighty, whatever name you call him/her, feels less about you than any parent does about their child? Do you think that this same God feels any less about any other divine child? NO! We are all divine children and these holy wars that claim God is on their side are full of hooey. Source is not on any one side, for God is ALL in ALL. Source IS all sides!

When I moved out of Christianity, I discovered that the God that I knew went right out the door with me. I learned then that God (Source) isn't some great policeman in the sky ready to drag you into jail for not following the rules. I also learned that Source was a lot bigger than most folks know or understand.

In fact, I learned then that Source was in ALL THINGS and was ALL THINGS; including what many considers the 'dark side.' Several books found me then, as books are wont to do. Jane Robert's *The Nature of Personal Reality*, one of the many of what would become known as the *Seth books* (I've read most all of them and *experienced* their teachings).

The Symbolic Quest, by Edward Whitmont came highly recommended to help me dissect my Christian experience for the hidden treasure. It brought me to a greater understanding of archetypes and symbols than I previously learned about in Carl C. Jung's writings. I also learned the reason western religions had created the creature called "the devil," and did my own Biblical research on this topic.

The 'Devil Made Me Do It' Is No Excuse

The devil is a *creation* of western religion and doesn't exist at all in Judaism. I learned that for every occurrence of the word *devil* in the Bible, both in the new and old testaments, when translated back to the original Aramaic or Greek text, that these words do not refer at all to a 'being' or a creature at all, but rather refers to the negative behavior of man: murder, lust, greed, etc. I did this study myself using Strong's Exhaustive

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Concordance, a tome bigger than Webster's Dictionary. I needed to know it for myself. My head needed to know what my heart already did.

As a writer, I am also an avid reader, and many more books found their circuitous way into my hands throughout the years. In the late seventies to early eighties, I re-learned that we all create our own experiences through our beliefs, thoughts, and emotions. This resonated with me.

So I decided to put these practices to test in my own life, albeit naively, and suffered some of the most grievous lessons I wouldn't wish on my worst enemy as a result. My first conscious act of creation occurred in 1979/1980. I had tremendous results, but years later, I would come to understand that it is very important to be clear about what you desire and to GET CLEAR of your subliminal and subconscious issues. Yes, I had results, and for the most part, the majority of them positive, but without the thorough understanding of the principles I worked with, I created some huge disasters as well.

The laws of the universe are powerful indeed and like a child who had discovered the power of electricity without knowing its ability to maim and kill, I zapped myself more than once. Unfortunately, some of those nearest and dearest to me got caught in the maelstrom that ensued. However, I have no regrets, because without these experiences, I would not be able to share with you what I know—from experience. I would not be able to tell you how to avoid the pitfalls.

What I put down on these pages is not something I read somewhere and spit back upon the page. I am sharing with you wisdom and knowledge that is a priceless gem—the pearl of great price: it comes direct from my heart and life to yours. Use it wisely and it will treat you well all the days of your life.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



What About Manifesting Money?

While I know that I create my experiences and manifest what is in my heart, I don't feel qualified to tell you how you can bring a whole lot of money into your life at this juncture. For me, this is one of the last pieces of my manifestation puzzle and I am an avid student of others for these lessons.

But if manifestation works, why don't you just whip up a million dollars right now? You might ask.

Manifesting money is something that is easier for some and harder for others. For me, in the past, it has been hard. Don't get me wrong—my financial needs have always been met—sometimes though, I've felt like that snail on the edge of a razor blade. Previously that is how it has been for me—hand-to-mouth. This is the last pillar in my life to get restructured—and a great big thank you goes out to the Universe as I make *continual* progress.

In fact, in the last two weeks, as I write this, I have had some HUGE breakthroughs in this area. When this is fully cooked and able to be served up, I will share with you what I have learned.

However, I don't feel qualified enough to teach it yet, primarily because it is still an unfolding thing. It would be like digging up the seedpod to see if it's germinated and taking root. Everything in its own time.

I do feel qualified to teach other forms of manifestation, things with which I've experienced tremendous success. With these principles, I've been able to manifest:

- Jobs
- The Love Of My Life
- Dream car
- Sierra Nevada mountain land
- Dream house

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



- Clothes
- Books
- Artwork
- Furniture
- Computers
- Kitchen appliances
- Washers/Dryers
- Trips
- Concerts
- Experts that I've needed to help me to the next step
- Teachers
- Friends
- Food / free lunches
- Many cups of coffee
- Pets

In fact, I've manifested so many things over the years; I've actually forgotten most of them. My list only goes back over thirty-six years. I've been manifesting things since my early days in Christendom. Then we called it *FAITH*. In truth, faith is a huge part of the process, even still.

If you can manifest all these things, why not money?

For me, money had previously been harder to manifest. It's because of all the garbage I had associated with it. I've come to understand that money represents and is tied to (among other things) our early childhood relationships, primarily with our guardians, parents, grandparents, etc. And since my childhood was tumultuous, there had been issues associated with money/relationships. Thankfully, they're all becoming non-issues through the releasing, energy, and light work that I am doing.

Frankly, I feel there are plenty of others more than qualified to help you in these endeavors. A few of them I've listed below:

Bob Doyle, Wealth Beyond Reason

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



David & Kristin Morelli, *The Prosperity Tribe*

Bob Proctor, *Six Minutes To Success*

Tom and Penelope Pauley, *Get The Money...*

David Cameron Gikandi, *Happy Pocket Full Of Money*

Dyan Garris, *Money and Manifesting*

Joe Vitale, *The Missing Secret*

Jack Canfield, *The Aladdin Factor*

So What Is The Law of Attraction?

The law of attraction is an unchangeable, unbreakable law of the universe. In its basic form, it means the following: for every event, there is a cause; the cause *creates* or *attracts* the event. Nothing is random in this universe. Events, circumstances, people, places, and things—everything comes into your life because you attracted it. For every resultant effect in your life, be it a person, place, emotion, or thing, YOU are the cause.

A lot of folks define it as "like attracts like." In a way that's partly true, but mostly not. Everything in this universe is comprised of energy. There is nothing solid. Solidity is an illusion. Things appear solid because we are conditioned to see them that way. What everything is comprised of is energy. In fact, YOU are energy.

Seers, psychics, mediums, shamans, and folks of these disciplines can see this energy and its fields. Many of them see the pattern that energy has left behind. Still others sense it or feel it. Even others may hear it. Everything is made up of energy and has a unique signature or resonance. The signature is its vibration, or frequency wave. All things vibrate at different rates of frequency (or speed).

There was a commercial many years ago made by Memorex, a company that produced the tape that went into cassette tape players (this is before the digital age). Memorex used this commercial to prove that their 'tape' was as good as real life by having Ella Fitzgerald sing a high note and break a crystal glass while they recorded it. When they replayed the tape,

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



allegedly the same thing happened: the crystal glass broke when the recorded version she sang hit that resonant note.

More recently, *Mythbusters* tested this theory by having rock musician Jaime Vendera break glass with his voice.

Watch it here: <http://www.youtube.com/watch?v=j82jeSGIXxU>

What is happening is a resonant frequency of sound (or vibration) causes the particles in the glass to start jumping around until they smash into each other and break. But it takes a certain note, a note that vibrates with a resonant frequency of the glass. It gets the glass particles to MOVE.

This is the same with the law of attraction. Only you're not breaking glass, you're attracting your experiences to you. You get the particles of your desire MOVING toward you to form that which you desire in your life.

Your thoughts married to your emotions send out a resonating frequency into the Universe, which in turn ATTRACTS back to you people, places, events, circumstances, emotions, or things that are a match to your 'vibration' or frequency. Imagine it like the echo of your voice when you speak aloud in a canyon or a large empty room.

In C.S. Lewis', *Chronicles of Narnia, The Magician's Nephew*—Aslan is portrayed as the creator of Narnia (and he is also symbolic for the Christ figure). He creates Narnia by SINGING it into existence. I've always liked this idea—because in a way—you SING into existence your reality by your vibration—you sing (or co-create) experience into your life.

So when they say *Like Attracts Like*, they are partially correct in that the Universe will bring a MATCH to your resonating vibration. For a simple example—you're waiting at the stop light in your car to climb onto the freeway going home from work.

It's been a bad day—your boss yelled at you and you're simmering in your own juices. You're frustrated; dammit, you're angry—WHAM! You make it

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



up the on-ramp and slam right into a traffic jam where you really start to boil over. Your married thought and emotion have sent out a signal to the Universe—the more powerful the emotion and clear the channel—the quicker the manifestation.

Or how about a day when you're feeling good? You drive into work and miraculously you come across green lights all the way onto the freeway and then it's a smooth ride from there. It works all ways, good and bad, positive and negative, yin and yang.

Be Lighthearted—Learn To Play

Don't think it's true? Make the lights change to green. But do it with a light heart—in play. If you make it too serious, it won't work because your vibration is not aligned with it. When you're TRYING to do something, you're actually pushing or resisting it.

More than likely you're in a prove-it-to-me-mode (underneath you're saying I don't really believe it). Or you simply aren't open enough to letting it be true. If you've got blocks up—that's what you'll get: blocks. The Universe always gives you what you ask for. Your vibration is the asking. You don't even have to use words.

Bet you didn't know that! You can think it, believe it, emote it and it will come to you, without you ever saying a thing.

Your thoughts are transmuted into chemical signals, which are ultimately broadcast throughout your body. This sets up a resonant *feeling* in the body that gets translated by your belief system (filter) into an emotion.

The thought married to the emotion is what creates the feeling that is sent out through your heart chakra. It's kind of like a double play. The feeling is there as a result of thought and emotion marrying, but your beliefs act as a filter of the energy and may shut it down before it has a chance to work.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Physical feelings aren't always tied to the same emotion. You can have a knot in the stomach and it can *mean* different things. It can be translated into butterflies when you are in joyful anticipation, or love; it can also be translated into fear or worry.

Your definition or interpretation of what you are feeling is what emotion becomes. You ARE the Creator! Learn to tell yourself a different story. When you have these feelings that are negative, it is a signal to think different thoughts. As you do this more and more, it becomes easier to translate your emotions into positive feelings. Learn to clear your energy field of those things that block your energy.

Why Must I Think Different Thoughts?

Because whatever you are focused on with emotion will come to you, period. And that means if all you can focus on is the *trouble* in your life, if all you can focus on is the fact that you aren't with the person you love—that's exactly what you get more of in your life: *being alone* or worse yet, *being* with someone who abuses you.

This is one of the main reasons why people don't believe in the law of attraction. They think that because they are getting exactly what they don't want—that the law doesn't work.

The funny thing of it is—they are getting exactly what they focus on: what they don't want! The law is always working. *Always*.

REGARDLESS of what is showing up in your life it is there because somehow you have asked for it. Consciously or unconsciously.

It means you have to start paying attention to what you're thinking and feeling. All these years you've been running along on automatic pilot. Is that what you want? If so, then put the book down, you don't need to read any further.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Using the law of attraction in your life takes work, but not always the physical kind. It takes awareness, it takes consciousness, and it takes paying *attention*.

After watching *The Secret*, many people think that all you have to do is sit around and fantasize all day long about what you want. But if you don't get off the couch you potato-head, how can you answer the door? The Universe will deliver but to receive requires action on your part of some sort.

It's A Stick With Two Ends— What You Want and What You Don't Want

As you well know, we live here on planet earth. In this realm of existence, on this plane of reality, every subject is really two subjects: the positive and the negative, or in different phrasing, what you want, and what you don't want.

Everything comes in pairs. Positive and negative, yin and yang, male and female, dark and light, black and white. Without this contrast, you would not be able to see—everything would appear the same. It is because of this contrast that this *seemingly* physical reality gets created.

In order to understand the law of attraction you must understand that if you desire something—obviously you don't desire it's opposite—correct? Some contrast in your life—the application of some negativity in your life caused a desire for it's opposite to grow in you.

This is how we create. So your thought married to emotion is pregnant heavy with feeling, this is the desire that summons up your request of the universe. But if you stay focused on the negative that caused your desire, if you stay focused on the LACK of your desire, then that is what you will experience: THE LACK.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Time Enough For Imagination

This is why you must imagine your desire, taste it, touch it, feel it within. Experience what it feels like as if it were real in your life. If you took five minutes a day, sat down in a chair and immersed yourself in the imagination, the creative visualization, the experience of feeling love in your life—relishing the sweetness of it, experiencing in your heart center—then let it go, it will show up in your life. If however, you focus on the lack of love in your life the rest of the day, well, what do you think will show up?

To achieve your desires, your focused attention must be on what you want MORE than what you don't want. You need to tip the scales.

A lot of people *mistake* focusing on *what they don't have* as focusing on what they do want. This is why they think the law of attraction doesn't work.

The subconscious mind doesn't know the difference between reality and imagination. If you imagine something to be true or if you experience something to be true—in the mind of the subconscious—it IS true.

There are many ways to manifest; this is just one of them. But you must remember that manifestation involves two things—the having it—and the not having it. What part of it shows up in your life is where your focus burns like a laser. So you see—you are *always* receiving what you desire. The Universe always says yes—by giving you what you focus upon.

The Positive The Negative Frames

I am also an artist, someone who paints and draws. One of the most important things in drawing and painting is the use of *negative* space to frame the *positive* space. Did you know that everyone can draw or can be taught to draw. It's a simple thing.

What? You say you can't draw?

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



If I were to spend thirty minutes with you in a class, I could teach you to draw. It's all about tapping into the right side of your brain, your creative side. In fact, if we spent more time in the right brain, we'd be experience quicker manifestations!

The right side of our brain is our creative side, the left our analytical and logical side. Dr. Jill Bolte Taylor, a neuroanatomist (someone who is involved in studying the anatomical organization of the brain) got to experience the value of left and right brain functions after experiencing a stroke in 1996. While the stroke was happening, she remembers saying to herself (greatly paraphrased) “this is too cool, I get to study a stroke from the inside.”

<http://www.youtube.com/watch?v=UyyjU8fzEYU>

Wasn't that fascinating?

It's obvious there is much more to be learned about our physical anatomy and how well it ties in with our spiritual self.

There are many areas in science that are unfolding in this manner and it is becoming quite clear that there is more to us than just the particles that make up our bodies. There is more to us that can be seen.

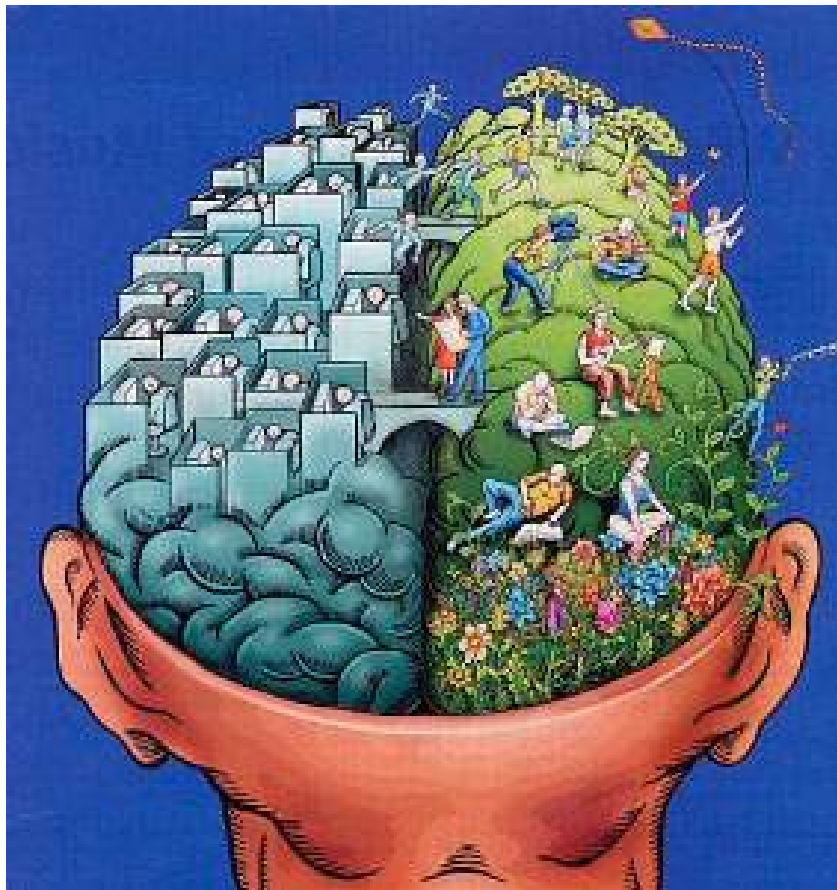
To give you an visual idea of how the left and right sides of the brain function, J. Parks created this picture that clearly portrays the difference between the right and left hemispheres of your brain. In psychology, the right brain is considered the *creative* or feminine side and the left-brain, the masculine or the linear, analytical, or logical side. (Picture on next page)

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



As you can see, this is a pretty simple view of right and left brain. Both are needed to function in this world, but people who have experienced reduced function in one side or the brain or another, their brain miraculously rewires itself and provides the solution another way.



In this picture, you may visually appreciate tapping into the right side. The left hemisphere is very linear, boxes and desks and lines. As an accountant in my day job, that's me over there on the left side of the brain—putting numbers into boxes. When I do reports in Excel, I always pretty them up with borders and shading and color—that is right hemisphere.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



We need both sides of the brain to function, and the truly balanced person uses both sides. The left side of the brain equates to the masculine qualities and the right side of the brain to the feminine qualities.

Do you see that dark shadow line in the middle? That is *negative space*. You notice how it defines the positive space? Do you notice how it allows you to define the difference between the two hemispheres? That is how the negative works in our lives. It works to define the positive.

So next time you're experiencing something negative, recognize two things:

1. You're focused on what you don't want
2. The negative space frames the positive—something great is coming—embrace the positive that can grow in the negative space.

What you want is there right now in your life, you just can't see it because you're focusing on the half of the stick you don't want: the negative end. Flip the stick over and you will find what you want on the positive end.

It really is this simple. It may take a while for the positive to make its face known, but if you keep your focus there, it will show up—it's law!

Go back to the picture and think about these things that fall under the left and right brain functions:

Left Brain Functions (Male)

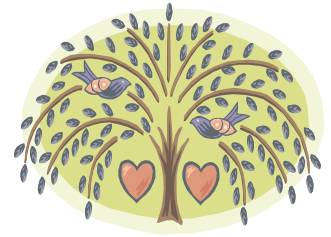
Detail oriented
facts are king
words and languages
Present and past
Math and science
Comprehension
Knowledge
Order/pattern perception

Right Brain Functions (female)

Big picture oriented
Feelings are queen
Imagination reigns
Present and future
Philosophy and spirituality
Symbols and images
Meaning
Believes

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



knows object name
Reality based
Forms strategies
Practical

Appreciates
Spatial perception
Knows object function
Possibilities

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



*People who talk about religion
Just want to argue about it.
People who talk about spirituality
Just want to share it.
Wayne Dyer*

2 Connect With Your Source

What's the Difference Between Being Spiritual or Being Religious?

Religion is something that you perform on the outside of your being. It's a behavior kind of thing involving ritual, lighting candles, performing deeds, going to church, etc. Religion translates to a set of beliefs tied to a specific form of behavior, deeds, doctrines, and creeds.

Spirituality is not something you can ever do or perform. You ARE a spiritual being. It is something that comes entirely from within, and cannot be dictated to you by anyone else. No matter what anyone tries to tell you, even me.

Your spirituality has NOTHING to do with beliefs, deeds, doctrines, or creeds. You are a spiritual being having a physical experience. Your body, *your physical being is inside* your spiritual body, not the other way around. You are actually much bigger than you think you are.

Where Does Western Religion Came From Then?

Western religion began in about 320 A.D. over on the other side of the globe when the Roman emperor Constantine decided he couldn't fight the movement of the Galilean anymore, so he decided to embrace its tenants (combined with some paganism) and voila, the Catholic Church was born.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



This Roman emperor could no longer control what was happening, so he called for a council at Nicaea, where picked and chose the writings that would support their control of religion some 25 out of 60 books, decreed that Christ meant Peter to be the intercession between God and man as the first Pope, and western religion was born.

Forty sacred text were left out of this book that later became the bible, because these text spoke specifically to the sovereignty of the individual. This would not be acceptable when the purpose was to take your sovereignty away.

They removed all but one eyewitness account of Christ's story from the Bible. The other teachings understood to be eyewitness accounts were written generations later.

This Kind of Religion is About Control

Most religion is about control. Controlling what you eat, wear, how you dance or don't, who you marry or don't, how you worship, who you hang with, etc. After creating this new religion, where once they had no control—they could not control a people who knew they were immortal regardless if their physical body died—beginning in 325 A.D., now they would have control.

They would decide whether your eternal spirit went to heaven or hell. This is where religion removes your sovereignty from you. **YOU ARE A DIVINE CHILD OF THE UNIVERSE** and no one can take that from you.

(Side note: hell is a creation of the church taken from other belief structures.) The Hebrew word for hell means Sheol, which means grave, the abode of the dead, or underworld, period.

The Hebrew slang for hell in those days was the burning trash pit outside the city. Judaic parents used to warn their children that if they did not behave they would send them outside the city to the burning trash dump—

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



they would send them to hell. In fact, Christ was crucified there in hell—in the burning trash dump outside the city.

Hades is a Greek invention, not a Judaic or Christian one. When the devil was created for fear and a means of control, they had to put him somewhere so they called it hell. They combined Hades and Hell—now they had a way to control the *afterlife* through their religion. They gained back control of the peoples. If you do a hunt for the word devil in the Old Testament, you won't find the word.

Worship in your chosen religion if it gives you pleasure to do so, but understand that what happens between you and your God, whatever name you choose to use here, has nothing whatsoever to do with religion. God is as close to you as your breath. You do not need to go to church or sit in a church or pray in a church to understand and experience that connection.

Connect With *Your Source*

This is why it is so very important for everyone to connect with his or her own Source within. The most important person in your world must be YOU. There's no one who can live your life for you, so why would you consider someone else's opinion more important than yours about how to live your life, about how to connect with your Source?

Even in what I write for you—if it doesn't resonate with something deep within—throw it out. You and you alone are the only person fit to decide what's important to you. No one on the face of this earth is qualified to do that for you.

The relationship that you have with Source is deeply personal. There is nothing hidden from Source—there is no fooling Source about how you feel. You can't lie to Source—even if you try with your words. The very Source of the Universe resides within you. The power that creates worlds and universes flows within you and through you. It is how you co-create your life.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



There are many ways to connect with Source, but the easiest way is to meditate. Set aside time every time to connect with your Source. Make it a habit, once you 'hook-up' and recognize the feeling, it will be so much easier for you to plug-in again, over and over.

I have found that when my temperature starts to rise, when the fear decides it wants to climb up my spine and stand among the hairs on my neck, that it is time to connect with Source. You can do it anywhere. All you need do is close your eyes and breathe, focusing on that connection. If you hear things being said to you, don't ignore them.

How Do I *Know* It's Real—This Connection?

There are several ways to validate your connection with Source as well as validate the information you receive. Bottom line, Source will never intimidate you. Source always loves you deeply, completely and unconditionally. Source would never say anything that would cause you pain or cause you to hurt another. PERIOD!

A lot of folks *fear* the spiritual relationship because they fear they'll be tricked into cavorting with some dark and evil influence.

We've all seen the *Exorcist* or heard the stories told of demon possessions and such so one may have fears about opening up to their Source in a spiritual realm.

As you may or may not know—nothing in the Spiritual realm can participate with you or do anything for or to you *without your permission*.

To ensure that you are always protected in your meditations with Source you may want to:

1. Start your meditation by asking for protection—ask for the Light to surround you and keep you safe. Invoke the name(s) of your favorite masters, i.e., Jesus, Buddha, Mary, God, whomever.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



2. If you pray for something be sure to phrase it or add this line or something like it to the end of the prayer, *this, or something better for the good for all concerned.*
3. Maintain a feeling of gratitude. (If you can't find anything to be grateful for—try being grateful for the fact that you're breathing and are alive).
4. Whatever instructions or messages you receive from Source—they will never involve causing harm to you or another. Source **NEVER CONDEMNNS** or **JUDGES YOU OR ANOTHER**. There are no exceptions to this.
5. Understand that Source unconditionally loves you **AND** everyone else. There are no conditions on that love.
6. Maintain a sense of humility.

If Source provides information to you, be sure to:

1. Write whatever information you may receive into a journal and date it. Source will validate it for you—somehow, some way. But if you don't write it down—you may just forget it and miss the opportunity to experience the beauty and grace that Source has to share with you and you might miss the validation.
2. If Source nudges you in a certain direction, follow the intuition, no matter how crazy it may seem (like driving left when you normally go right, etc.) I'm not talking about doing something that causes harm, I'm talking about doing something that is out of your normal comfort zone or normal behavior pattern—something that may seem crazy or odd or different. It is in these doings that we can learn to follow our inner compass (which never steers us wrong) and learn to recognize this voice. Sometimes when you take these little side trips you will begin

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



an adventure that leads you exactly where you wanted to go, but by a route you would not have imagined.

3. Realize that no matter what, Source will not raise you above anyone else, or put you below anyone else. What I mean by this is that no one is better than anyone else is, period. We all come from the same Source and to differentiate our standing with Source from that of another is not something that Source would do. Source is *inclusive* not *exclusive*.

Source will never cause harm to you or another—any message that contains that kind of information—is not from Source. PERIOD. When people say that God told them to do something that resulted in harm being done, I can tell you right now that it was NOT Source that told them to do that.

Anyone that claims that Source is on their side in their “holy” war is not telling the truth, they're just trying to reinforce their own position. God or Source is in everyone and everything. Source will not fight against himself/herself. Holy wars are fought from EGO, nothing else. Defending yourself is another thing altogether. But aggressively pursuing war in the name of God is well, an act of man, not of God.

When you ask for harm to be done to another—you are co-creating a nightmare that will eventually play out against yourself. If you do harm to another—you will wreck that same harm upon yourself eventually. What you sow, what you plant in your garden of life, will yield its own fruit.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



*“Never give up on what you really want to do.
The person with big dreams is more
Powerful than one with all the facts.”
#171 from Life's Little Instruction Book*

3 Align Your Vibration

Align Yourself with Your Desires—Match the Vibration

It may sound like a whole lot of woo-hoo stuff, this energy bit, vibrations and the whole nine yards—but it's not—*it's real*. It's actually more real than what you can see with your eyeballs.

Everything in this Universe is made up of energy—from the lowest amoeba to the grandest star. Energy manifests in different forms and there is an order to it.

In order for you to manifest anything—**ANYTHING**—you must be a match to it. Like the glass that could break with a resonant frequency, you must be vibrating at the same level as the thing you want to experience, in order for the experience to show up in your life. You need to shift your perspective.

This reminds me of those drawing from the 1800's of young girl and old woman in one picture. It depends on how your mind sees it. It's a famous perceptual illusion in which the brain switches from seeing a young girl and an old woman. It used to be called the young woman and the mother-in-law. This picture originally appeared on some puzzle and trading cards that were famous all over the world.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Take a good look at this picture and force your mind to see the Young Woman and then the Old Woman. That is the picture on the left. On the right is the picture of the father and the son.



Young/Old Woman



Father/Son

For each of these pictures the young person is looking off into the distance, away from each other. The girl on the left is in a turned profile as is the guy on the right, but if you look at them differently you realize that the old woman has a HUGH nose and the necklace of the young girl becomes her mouth as does the top of the bandana on the young man becomes the old man's mouth.

This is the illusion of life as well. What you are wanting in your life—may already BE in your life but you cannot see it because you are not vibrating in resonance with it. Until you SHIFT your perception and change your vibration, you will not experience it. This is what we are talking about when we are talking about Attracting Love, shifting our vibration.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Meditate

One of the ways in which you may align yourself is to meditate and bring in the Light. All of the great masters and great teachers, including Buddha and the Christ, have talked about "coming into the Light."

Your spiritual being manifests in many forms and many dimensions. One of those dimensions is the dimension of light. Bringing in Light from there to here heals and aligns you. It is one of the easiest ways to begin aligning yourself to you and your desires. With the Light comes information. The act of shining a light on anything will *change* it.

Think about being in a dark room in a house you do not know. Your imagination runs wild and every which way you look you see shrouded images appearing thick and menacing. By taking out your flashlight and turning it on you see that what you are looking at is not something menacing, but furniture, tables, chairs, lamps. Like the child imagining monsters in the closet or under the bed, until you bring in the light, you can't honestly say what you see. Your mind and your emotions play tricks on you. In the darkness, your fears grow.

In the Light, your fears disappear as foggy mists in the wind. Light illuminates, it removes the exaggerations of the mind and allows you to see clearly.

As you are part of the Divine Light, being a Divine Child of the Universe, what happens to us as we grow from childhood to maturity here on earth is that our Light may become diminished in areas, due to limitations or restrictions we have voluntarily taken upon us. We develop a belief system that is grown and built upon responses in the darkness. We need the Light to shine upon our belief systems, because most things that are built in fear in the dark cannot hold up in the Light of the day. When the full light of day is shown upon them, we see what they are.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



There is a free guided meditation that is perfect for this, channeled by Orin through Sanaya Roman. Leave your judgments at the door and download this free MP3, burn it to a disc or import it into your MP3 player.

Find a quiet space and time, shut the door, lay down on your bed and follow along with the guided meditation. You may do it more than once. This is a wonderful meditation for awakening the Light within.

The free meditation is entitled: [Orin: The Dawning of a New Light.](#) Once you get to the page, there are actually several "free meditations" there.

Go to the first one, click on the green arrow and save it to your computer. Feel free to download Orin's other meditations as well.

Sanaya Roman and Duane Packer have been channeling entities known as Orin and DaBen for about 25 years and I first experienced their teachings at that time or shortly thereafter.

You can believe this stuff or not—it doesn't matter. What matters are the results and how you it makes you feel. For me, I love this meditation. It employs creative visualization techniques and a guided meditation to help you align with your own Higher Self or Source and bring you into the Light!

Visualize

Because we are dealing with Energy, the sub-conscious mind does not distinguish between what is externally real or not, these techniques can work. Scientifically, they have proven that the sub-conscious mind makes no distinction to the signals it receives between events imagined or experienced. In other words, whether you are imagining something or experiencing something, the sub-conscious mind cannot tell the difference—it is the same thing to it.

That is why creative visualization with EMOTION can significantly impact you attracting something into your life. If you can not only imagine it, but *feel* it as if it were real, then your subconscious mind begins to experience

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



that as a reality and works to make it real in your life. Your thought married to your emotion, through the tool of visualization, send out the boomerang into the universe to bring you back what you ultimately desire.

The sub-conscious or un-conscious mind is the secret force behind all of your desires. It is here, in this place, that your internal map of reality is based and from here, your sub-conscious mind powers your dreams into reality.

Detach

Now that you've planted those seeds (and you can do a little bit of that every day)—let them go. Like seeds you've planted in the garden, you must let them *do their own thing*.

You cannot keep going back to it and digging it up and say "it's not working." That's right, if you're doing that, IT WON'T WORK! It can't

Detaching is the hardest part for a lot of people. You simply need to let go. Yes, you want your desire, but you need to let it go as well. Because you experience the fullness of what you want as if you had it already—for now this must be enough. Don't work yourself into a frenzied state, don't worry about it, It will come—as long as you have no blocks to it coming. As long as you don't have any counter-intentions working against you.

This is where faith comes in. And when you try this whole process out on little things, when it works, it serves to reinforce the technique in your own life.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



4 Remove Your Blocks

In the course of living our lives, we develop belief patterns and responses to life that are automatic. Most of these beliefs we have acquired from our caregivers, other family members, friends, teachers, and other such people in our lives.

There are many programs to removing the unconscious blocks in our life and to help us attract love, one of the first things we need to start with is learning to love and accept ourselves deeply, completely, unabashedly, and unconditionally.

Most people have huge self-esteem issues. To help you with these issues, check out this wonderful program here:

[The Self Esteem System](#)

This site belongs to Dr. Joe Rubino and he has the best system to build your self esteem at his site you can receive by providing your email:

- Receive the Life Impacting Recording: “7 Steps to Soaring Self-Esteem” for FREE!
- Become a Member of the Acclaimed *Success Achievers Club* led by Dr. Joe Rubino
- Receive the Inspiring “Success Code” Ezine filled with Cutting Edge Tips and Strategies for Life Improvement

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



- Discover how to Obtain the Exclusive and Crucially Important Recording: "15 Myths about Self-Esteem Uncovered" for FREE (nowhere else available)

Another program that helps you love and accept yourself deeply and unconditionally is a program called Emotional Freedom Technique or EFT. Started by Gary Craig, this system employs the use of the techniques of Chinese Acupuncture, only without the needles by tapping on the meridian points instead of injecting a needle, while saying key emotionally loaded phrases.

This system works hands down. It can help with weight and health issues, relationship issues, wealth and financial issues, basically just about everything that you can think of.

Emotional Freedom Technique

Gary has since retired, but I have included a link to Brad Yates' site, a professional EFT coach. On his website, he provides many free resources. If you work with an EFT professional, you can actually speed the process up, as oftentimes they can "see" things about ourselves that we cannot.

Those of us who have undergone traumatic childhoods laden with abuse, physical, emotional, and sexual have unique issues to address. I feel that if you can work with an EFT professional, you can rid yourself of some these issues in a few short sessions instead of years on a therapy couch. With serious issues, please seek the aid of a medical or psychiatric professional.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



5 Attract Love

Unconditional Love—Agape Love

This is the highest expression of love. This is the love associated with Christ. It's a love that gives without expectation of return. It is a love that exists unconditionally, without reason. If your parent's love felt conditional to you, then you have some un-learning to do to experience this kind of love.

This is where working with a program to release and where you learn to accept yourself completely and unconditionally is something to look into if you have no idea what this kind of love is.

Most people list this as the third and highest love,

I list it first. It is this love that one must first come to embrace in one's self in order to attract love into one's life. It is the first love. It is the love from which all creation springs. And it is from this place that your greatest co-creations begin.

You could say that this love is the **FIRST CAUSE** and everything that we perceive through our five senses **AND** feelings (vibes) exist because of this **FIRST CAUSE**.

Unconditional love.

Un-con-di-tion-al LOVE.

Most people can't even wrap their heads around this.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



What is hard for them to reconcile is that they believe that experiencing unconditional love means that you have to become a doormat, roll over and whisper I love you to everyone, even if they're punching you in the face.

NOPE. That's not it!

Nature, our Mother Earth, the female expression of the God Source energy, what our mothers are in their deepest beings, but maybe couldn't share with us, is a supreme example of this unconditional love.

The wind blows upon the beggar and rich man alike, with no care for their seeming disparities at opposite ends of the stick. This wind can also be a tornado that rips apart your house or it can caress you with a soft breeze. Its presentation to you is one of authentic being—unconditionally expressing.

Nature ultimately expresses what it knows, that we will not allow ourselves to see. Energy never dies. We never die, we change form, but we do not die. That is why a seal can sail into the mouth of killer whale or a gazelle can surrender to the bite of the lion.

The killer whale doesn't seek the seal because it's mad at it, or it hates it, or because it didn't like the way it was raised by its parents, or because it was abused, but rather from the simple nature of its being. And in Nature, nothing dies—it just changes form. The seal becomes the food that powers the whale.

A tree doesn't base its behavior on whether or not you did what you were told to do. It is there for shade, warmth, beauty, and it can provide shelter from the storm. And by its profound and stately existence, it keeps us breathing fresh air.

Nature's being exists in unconditional love. If you could but find a way to tune into that vibration, you would know of that which I speak.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



There are special places upon this earth where one can go and tune into this energy, this vibration, this complete and utter acceptance, and authenticity of being.

Places in nature where no one else is—is a good place to start. If you go camping for the weekend with your family, take a few minutes alone and walk away from the 'crowd.' Find a quiet place and just sit with Nature. Get comfortable wherever you are, beach, mountains, desert or plains, lush valley, or barren hilltop, rushing river or babbling brook.

Wherever it is that you find yourself, sit quietly. Tune out your head, in fact, turn it off by listening to the sounds of nature. After you sit for a few moments, open yourself up from your heart center. What I mean is for you to close your eyes, and *feel* this place in nature with your heart. If you could take just a few minutes of doing this, you will be amazed at the unconditional love that you experience.

This is this love that makes everything grow; it simply hums all around us.

It is in the lazy buzzing of the bees as they transit flower to flower, the loud squawking of a territorial woodpecker as it flutters tree to tree, the jubilant cry of the red tail hawk as it rides the updrafts higher, or the lonely howl of the wolf as it sings in the night.

It is in the gentle sighing of trees as they shed their summer burden of leaves in the fall and in the rhythmic crash of ocean waves on a sandy shore. It rides upon the trails of clouds dancing across a summer's sky or in the dark rich smell of good loam; you can see it in the smile of a flower or hear it in a brand new baby's cry.

Unconditional love is the basis of our own beings and it exists deep within you. It is the energy that keeps your atoms from drifting apart; it is the energy that holds the stars in place and the planets in orbit around them.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Unconditional love is the basis for everything. And if we can tap into that, well, problem solved!

Friendship—Philo

The 'name' of the city of Philadelphia has its root in this word. This is the term for brotherly love and it is based upon a giving and receiving. Each of the people involved give and receive love together. This is the second form of love.

Erotic Love—Eros

This kind of love you will find on the movie screen. It is this love that results in hot and fiery sexual expression. Unfortunately, in our day and time, most people experience this separately from the first two loves.

While you can experience physical satisfaction with this type of experience, the pleasure only lasts as long as the activity. Its like eating stale crackers that may momentarily keep hunger at bay, but it does not ultimately 'feed' you. An hour later you find yourself hungry again.

That's why I list Agape or unconditional love first. To attract love you start there.

Sure, you can put on a new face and go hang out at the local joint, but that won't teach you anything about attracting love into your love. What you might attract is a whole host of problems and a sexually transmitted disease.

So How Do I Attract Love?

Let's start with being in a relationship first. Maybe you think you need to look outside your relationship for love. That may be true if you are living with an abusive person who emotionally, mentally, or physically torments you. The first thing you need to do is to get the hell out of there. If you want to attract 'love' it isn't going to happen with someone who is using you as their dumping ground. I will guarantee that. Not unless some miracle

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



occurs (and they can), but generally, these types of folks, well, need to left to their own devices.

The way you attract love is to love yourself first.

Unconditionally and completely.

And that means do no harm to YOU. If you are in a harmful relationship as mentioned above, then LOVE YOURSELF FIRST and do something to get 'you' out of there. Quit being the victim. I know it sounds easier said than done, but you're wasting your life if you're waiting to receive unconditional love from someone who abuses you.

Unless a miracle occurs and changes everything, if you've been hanging around waiting for the 'love' to bloom, your garden has been invaded by star thistles. Get the hell out. You have a healing to do.

You attract love by loving yourself first. When you love yourself first, you are telling the Universe that you are worth loving. Everything the universe brings you will mirror that love to you.

Since the Universe is unconditional, it always mirrors your deepest feelings about yourself. Always, without fail. That is why it is imperative to love yourself first, so that what it mirrors is love.

What If You're In A Relationship Already That Started With Love But The Sizzle Has Left You With Dry Toast?

Being in a relationship can be trying at times. And oftentimes we forget the reasons we're there to begin with. We forget how we fell in love, and what attracted us to our partner.

Ultimately, the people in our lives are a reflection of the love we hold for our self. This is most assuredly so in the love relationship between two people who have agreed to co-join or become partners, be they male and male, female and female or male and female.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



For those of you who are in a relationship already, one of the things to remember is that the person you are with is a reflection of you. They are a reflection of your deepest fears and your deepest loves. In other words, if you point your finger at them and complain about the things that they do, I can guarantee that what you are complaining about are some of YOUR biggest issues.

One of the ways that you can bring more "love" into your life with your partner is to:

1. Make a list of all the things you appreciate about your partner by writing down five to ten things you appreciate every day.
2. Think and meditate on these things.
3. DETACH from the issues that you dislike. Leave them sit a while.
4. Practice expressing unconditional love to your partner.
5. Instead of fighting for control of the conversation, LISTEN.
6. Give to yourself what you think you need from your partner.
7. Don't make your partner responsible for your happiness. Take charge of your own happiness.
8. Just go with the flow, quit fighting what the universe brings you.
9. Leave your judgment at the door.
10. Don't make your partner responsible for your emotional or sexual satisfaction.
11. Give your partner room to express themselves authentically.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



12. Express yourself authentically.

What most people simply don't understand is that our partner is a reflection of the love we have for ourselves. Once you have a healthy love going for yourself, the world starts treating you as you wish to be treated.

And that includes your partner.

To Attract Love Doesn't Require A Relationship

Attracting love in your life isn't always JUST about being in a relationship.

There are many ways to receive love:

1. From family
2. From friends
3. From pets
4. From the Universe (if you're open to it).

Attracting love starts first with you. You attract love by *being* love. When you begin to accept yourself completely and unconditionally, you will find that the whole world *loves* you.

The Universe will begin serving you up green lights and great parking places and synchronous events that lead to moments filled with unconditional and heart-experienced love from your family, your friends, your pets and everywhere we go.

We'll find the kindness and collaboration in a stranger's smile, the synchronicity of things coming our way, like a book we want to read or a movie we've been waiting to see. How these things occur in our lives is because we love ourselves first and foremost.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



It is with love, that our desires are able to unfold in our life. We learn to love our self enough so that feeling good is our prime concern. This doesn't mean feeling good at the expense of others; it means feeling good regardless of what others do or say.

Here's one of many daily quotes I receive from Abraham-Hicks. This is so very appropriate.

"We are really advocates of just getting as happy as you can be — which takes care of everything. Even if you don't have reason to be happy — make it up. Fantasize it. Make a decision that you're going to be happy one way or another — no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. I'm going to be happy."

When you get to this place, where you love yourself unconditionally and completely, then if you so desire, you can attract a soul mate into your life.

Attracting A Soul Mate

So you've decided you want to attract a soul mate. You're up and running; you love yourself completely, deeply, and unconditionally. If you have not started this part of the process—I can guarantee that while you may attract someone into your life, it may not end up as an ideal relationship.

Bottom line, to have a person in your life that is your 'soul mate' requires you to deeply and completely love and accept yourself FIRST. The reason is that our soul mate is a MIRROR, as is everyone in our lives, of how we feel about our self.

The entire external world is a mirror of how we feel about our self.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



So let's do a quick recap. These steps actually work for anything we wish to manifest in our life, not just love:

- ✓ Connect with our Source
- ✓ Release our blocks
- ✓ Love ourselves deeply and unconditionally
- ✓ Define our desire—marry our thought with emotion for our desire
- ✓ Align our vibration (feel as if you have it already)
- ✓ Live in gratitude and appreciation

For me, how I drew my soul mate to me was pretty simple. First off, I've been maintaining my relationship with Source for as long as I can remember. This was not something new to me.

I'd made a statement to the Universe about loving myself deeply and unconditionally, because I'd left an abusive relationship behind. I said, no, I am going to love myself deeply, completely, and unconditionally. No more of this kind of stuff for me.

I've also been working with the Universe for a long time on releasing the blocks I knew about. (There would be more—this is something we must maintain on a day-to-day basis).

Because I had such a hard time in my last relationship, I decided that I would not get stuck like that again. I decided that I needed to define not only the 'good' qualities, but also the 'bad' qualities that I could live with and the 'bad' qualities I would not live with.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



Since I understand that this place we live, here on earth, is fraught with dualities, (though in essence, our spirit lives beyond the plane of dualities), for example, negative and positive, black and white, day and night, yin and yang, etc. I thought it imperative that I define it all, and not leave the shadow aspects hiding out there somewhere to waylay me on my road to happiness.

It's not the good stuff that we ever have issue with in this life. It is the bad stuff that pops up that gives us problems. The same applies to a mate. So I decided that if I defined the negative as well, that might help.

When it boils down to it, you may find an ideal mate, but if they have an annoying habit or two or three that you JUST can't live with... well, isn't it better to define what you're willing to live with first?

So I took a piece of paper, and I wrote down the positive qualities in which I was interested in a mate. Then I wrote down the negative qualities I did not want. What this did was allow me to make a final list of qualities that I could appreciate in a mate.

For instance, while I love music to the nth degree, hard-core country twangy music is just not my thing, so I added to my list that my soul mate would love the kind of music that I love, specifically indicating that my mate would not like twangy country music.

Don't use the words NOT or NO on the list, because the universe, Source, doesn't see those words or experience that at all. The universe only says yes, so remember that when you write your statements out on the positive qualities, write it in a manner that when you hear a *Yes* after it that it is something you are interested in having show up in your life.

As an example, two different phrases for the list:

*He likes all music except hard-core rap and country music (YES)

This works!

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



*He likes all music, not country music, and hard-core rap (YES)

This is how the universe would see that statement:

*He likes all music, country music, and hard-core rap.

The universe does not see NO or NOT. So you have to come up with a way to write your list that doesn't incorporate those words, but defines the attributes you are looking for.

So you write your list of qualities and then you do a ritual with it in some fashion, a releasing as it were—give it back to the Universe.

And when you have given it to the Universe—don't go back and try to pick it up again. A release to the Universe—means just that—a release.

If you give something away, do you go back, try, and get it back? No. Giving away means just that. You must give the list to the Universe.

After I wrote my list, within 90 days I had met (re-met) my soul mate.

But I didn't take the list out and look at it or redefine it. I detached from it, letting the Universe do its work.

There's a subtle dance that goes on with our desires, dancing with them, visualizing, loving them and feeling them as if they were present in our life, while at the same time holding a sense of detachment about it all.

This doesn't mean don't take action when you feel led to it. It just means, letting the Universe do its thing. Your part is to desire, feel it, love it, and let it go.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



The Universe Always Says Yes

All in all, the universe always says yes, no matter what. If you find that what you seek is not showing up in your life, it is because you are not in tune with it—you are not in alignment with it. Your vibrations are discordant to it, like a horn that plays flat notes while every other instrument in the orchestra is playing on tune.

To join the band, play your instrument in sync with it.

If you find yourself not feeling good, feeling discordant, crabby, out-of-sorts, disgruntled, frustrated or any other negative emotion, this means you are not in vibration with what you desire.

On the other hand, if you're feeling up and positive feelings abound, then you are in harmony and in vibrational alignment with your desire.

It's that simple.

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



*The death of fear
Is in doing what you fear.
Sequichie Coming Deer*

6 In Conclusion

The Universe loves and adores you and provides you with what you ask for on a daily basis. If what is showing up in your life is not what you do desire, then you need to look at your life from the *Inside Out*.

Everything starts within. As you only have the lens of *YOU* to view this world with (at this moment) then maybe you need to clean the lens. Maybe it's time to let go of those things that no longer serve you.

Maybe it's time to revisit your belief structures, release and forgive those people whom have caused you pain; learn to love yourself deeply and completely; find things that make you happy in life and pursue these with vigor (no stalking allowed!); maybe you just need to sit down and take a good long look at your life.

There's an old Indian saying that I love

"Only you can live your life, no one can do that for you."

I will leave you with this from Stephen King's *Shawshank Redemption*:

"Get busy living or get busy dying."

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



7 Resources

Manifesting and Learning the Law of Attraction

[*Wealth Beyond Reason*](#)

[*11 Forgotten Laws*](#)

[*Outrageous Mastery*](#)

[*Mind Movies*](#)

[*Secret Behind The Secret*](#)

Money and Wealth Creation

[*Get The Money...*](#)

[*Happy Pocket Full Of Money*](#)

[*Money and Manifesting*](#)

[*The Science of Getting Rich*](#)

[*The Prosperity Tribe*](#)

Build Your Business Online

[*One Week Marketing*](#)

[*4 Day Money Making Blueprint*](#)

[*Wealthy Affiliate*](#)

Health

[*Emotional Freedom Technique*](#)

[*Try It On Everything*](#)

[*Tapper's Insider Club*](#)

HOW TO ATTRACT LOVE

Attract Your Heart's Desire



My Books

[*Little Book of Becoming*](#)

[*Changing Planes, a metaphysical fiction*](#)

My Websites

[Law-of-Attraction-Masters](#)

[New Age Living Articles](#)

[Laurie Brenner](#)

[Notes Upon The Wildwind](#)

[Strip The Fat On Me](#)

[My Wealthy Affiliate Journey](#)

[Wildwind Enterprises](#)

[Best Real Work At Home Jobs](#)

Spiritual Movies

[Law-of-Attraction-Masters.com/Movies](#)

Law of Attraction Books

[Law-of-Attraction-Masters.com/Books](#)

Releasing and Clearing

[Clearing Audio](#)

[Clearing Money](#)

[Intuition Zone](#)

Success

[Success](#)