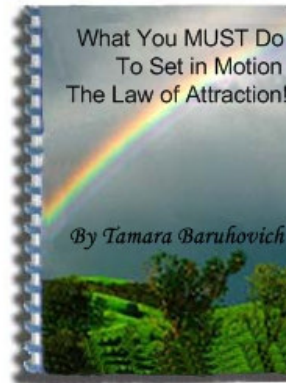


What You MUST Do To Set in Motion The Law of Attraction!



– The True “Secret” Revealed

**A Report to Help You Reflect on What You
Must Do to Make the Law of Attraction
Work For You NOW!**

By Tamara Baruhovich

Author of “Discover Your Potential and Create the Life of Your Dreams”

**I dedicate this report to my son, Danny,
a great source of love for which
I will always be grateful.**

**I also want to credit Danny
for having created the graphics for this report.
He's a true Angel in my life!**

**I also dedicate this report to ALL who Believe
in the Possibility to Change Themselves
and Become the Best they can BE.**

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Tamara believes that to achieve any goal, a combination of both -Universal Laws and proper action- must be present to attain results.

Her new eCourse “Discover Your Potential and Create the Life of Your Dreams” is a workable program that will take you through 7 weeks of insight, learning, planning and implementing your step-by-step plan for you to achieve any goal in life.

Additional personal coaching is available with the purpose to guide and motivate you through the process needed to achieve tangible results by applying the concepts learned.

Find out more by visiting

<http://www.DiscoverYourPotential.net>

Join the mailing list to receive a free 7 part eCourse titled “A Step by Step Action Guide to Activate the Law of Attraction in your Life” plus an ezine filled with mind probing, insightful information.

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Introduction

You've heard it plenty of times...

Thoughts are Things... You attract what you think of the most...

But let's take one step back to better understand this principle. Everything in the Universe is Energy; you, I, and even the chair you are sitting on. Energy is made of vibrations... The higher your vibrations the more aligned you are with The Source. In turn, if you vibrate at that level, you attract the best things to your life.

Like a merry-go-round, your feelings determine your thoughts. Your thoughts determine your intentions, and your intentions determine your choices which propel you to take certain actions, which bring about more alike feelings and thoughts, and these contribute to lowering or raising your vibrational state.

The prior paragraph may be hard to grasp at first. So please read it again and digest the concept. It's the basis of everything. Yes, it's that important.

When you understand the depth of this, it'll be clear for you to see how you can influence the environment that surrounds you. When you feel good, you attract a more positive atmosphere and this rises your vibrations as well, thus providing feedback to create a balanced and pleasant life experience overall.

Feeling happy, grateful, and loving raises your vibrations. A positive attitude and feeling centered and at peace are a must as well.

Certain practices like meditation, visualization and affirmations contribute to emotional and physical health, which also raise your vibration, giving you inner strength, courage and an overall sense of wellbeing.

Even a walk on the park or the beach, laughing with your kids, reading an inspiring book, playing with your pet, chatting with a good friend, or eating whole foods can help you transcend your existing vibrational limitations. And when you do these activities often, your vibrations are more prone to stay "in tune" with your Higher Self, because your life will be more balanced.

So, if this is relatively easy to understand and a multitude of others now know it... why is it then that not many are having success with The Law?

You see, one thing is to understand a concept –any concept- and another is to be able to implement it successfully. For instance, you may have a very good idea of the materials needed to build a home, you may even have an architectural plan, but that doesn't mean you can go out there and build one.

It's the same with The Law. Everybody is talking about it, but nobody is telling you the exact steps to take for it to work for you... until now, that is.

By the time you finish reading this report, you will have a clear picture of why this is not working for the vast majority of people. More importantly, you'd have learned how you can make it work for you, starting immediately!

Shall we continue?

You Are Responsible for Your Own Fate – True or False?

There is a concept mentioned in “The Secret” that has created a conflict for many. It is in regard to our being responsible for every circumstance in our life; as we have attracted it all –the good, the bad and the ugly.

Most of us reject that idea upfront. The refusal to believe this concept makes total sense, as there is not one single, rational and sane human being in existence that would want to attract problems or even tragedy into their life.

While it is true that we attract to our lives the situations we are living, I’d like to add one word to clarify this often misunderstood fact. And that word is “subconsciously.”

So let’s rephrase that concept now. We are “subconsciously” responsible for all that happens to us. Knowing this makes all the difference in the world. We are NOT consciously responsible but still... we are responsible.

We’ve attracted the situations, people and things that represent our reality today based on our subconscious programming which has been taking place since the day we were born and without us even knowing it!

The “Jar” Analogy

Think about it this way... let’s say that you have a beautiful jar in the middle of your kitchen table. It is transparent and clear as crystalline water; it is spotless and sparkly. This jar is a Swarovski piece, one of the finest crystals used to make home décor items. And it also has a gorgeous golden lid.

The jar is easy to open and close. It can be filled with whatever you want. From water to mud, gold to trash, or sugar to acid... or anything else you can think of.

Taking a closer look you discover that your jar is filled with “stuff” you don’t like... why is this? The problem is that up until recently, you didn’t know you owned this jar even though it has been yours from birth. Thus, you didn’t know you had the power to decide what went in it, mostly because you were not aware that this precious jar even existed... so others started filling it up with whatever they had based on their own life experiences.

Your environment, your culture, your traditions, and the people in your closest circle of influence started filling it up -from the moment you were born- with what they knew and believed to be true, just as their “jars” were filled with the very same stuff before you were born and for many past generations and throughout hundreds of years...

Your subconscious mind at birth is like that empty priceless jar... what has been put in it is NOT your responsibility. What you decide to fill it with from NOW on... is.

But before you do that, you must open the lid and empty its contents, for it to be a clean receptacle for whatever you choose to put in it.

Now you know that you are not responsible for what was put in your subconscious mind –in your jar. And yes, the stuff in this container IS responsible for attracting your life experiences. Like attracts like... It all starts to make sense, doesn't it?

What you are responsible for is to search the truth, to become aware of the infinite possibilities that are at your disposal through the Universal Laws, and for emptying your “jar” and filling it up with positive energy and limitless opportunity that you can freely draw from the Source. This is the only path to attract what you most want in life.

“...you shall know the truth, and the truth shall set you free.”
~ John 8:32

And how do you go about emptying your jar or opening its lid in the first place? The fact that you are reading this should be an indication that your jar's lid has been discovered and you are ready to change its contents... your soul is looking for answers and you are searching... you have attracted this information to you, for you to learn and be able to move forward in life.

Congratulations... Your Growth as a Human Being has just begun!

Know that the Source is perfect harmony and since you are a part of it, you must align yourself with It before you are able to accomplish anything you want with ease.

You do this by emptying your jar and filling it up with harmony. You achieve this when your vibrations match those of the Source.

This may sound as if your subconscious was your worst enemy but it is not so. As a matter of fact, just the opposite applies. Your subconscious exists to love and serve you.

Just think about the many breaths and heart beats that happen within your body every single moment and all day long without you having to “remember” to breathe or “remind” your heart to beat.

Your subconscious is your best friend, indeed. Primarily, it keeps you alive. And it’s also waiting for you to command your desires. To understand this, let’s take it to a larger level.

The Subconscious Mind - The Grand Mirror

The reason behind hunger and pain in our world lies on the feeling and idea of “lack and limitation” which have been fed to thousands of subconscious minds across the globe for years, if not centuries. Much of this “feeding” has happened from birth.

This concept of “lack and limitation” gets transmitted to the Source by these subconscious minds and in turn, the Source sends more of the same... this is exactly how the Law of Attraction works. Our subconscious mind is just like a mirror. It reflects back what we put in front of it. Furthermore, this perception of “lack and limitation” causes detachment from the Source –which is abundant by nature- as the vibration that the feelings of lack and limitation emanate are extremely low and out of balance.

Any imbalance prevents us from joining the Source. You can certainly spot several situations that our planet is facing today because of this “detachment” from the Source.

So how do we go about joining the Source? –you may ask...

Blockages and Forgiveness – The Art of Letting Go

The secret lays in a process that is simple but not easy. It is called forgiveness. When we haven't forgiven we are carrying blockages. True forgiveness doesn't happen at the conscious level, but deep within us. We need to forgive from the soul, giving it all we have, with honesty, compassion and humbleness.

There are several techniques that can help us "let go" of past pains. Not one of them is a panacea as we are all unique individuals. But a combination of them can work wonders for most.

One technique that has proven very effective is called EFT or Emotional Freedom Technique. Based on the ancient oriental health principles of acupuncture, you are guided to "let go" while tapping on certain points on your body. This can produce true miracles for emotional –and even physical- healing. A multitude of testimonials have been documented about successful results achieved through [EFT](#).

By releasing the blockages that we previously created by holding grudges, the energy flow gets restructured and more aligned with the Source. It is the equivalent to cleaning the minerals that have accumulated inside an old pipe that had prevented the free flow of water.

Fear also creates a huge blockage and its roots reside in the subconscious mind. Hatred and resentment act like anchors as well. When we resent a situation or when we're angry at somebody we are allowing the strong bond with that person who betrayed us to remain present. Something similar happens with fear. We are giving power to the cause that creates the feeling of fear. These are just examples of situations that we must learn to "let go."

Forgiveness should also include the self for you cannot "let go" of feelings of resentment towards others until you also forgive yourself from the heart. We are not perfect creatures. We have all made mistakes in life. We must humbly accept this fact and forgive ourselves in order to move forward.

One way to do this is by recalling the events that took place as well as your reactions in that precise moment. Identify where the grudge originated, and realize that you acted on that certain way because that was the best you could do in that particular moment. We tend to rehearse the situations in our minds in an accusatory way, telling ourselves we should have done "this" instead or done "that" better, which makes no sense, as we cannot go back in time to change anything.

Self acceptance and self compassion are important to self forgiveness from the heart.

If we do not forgive ourselves and others we are doomed to suffer forever. And every time we remember those events we feed our soul with more suffering. This lowers our vibration and causes us to be out of synch; thus, enabling the “mirror” effect as we get more of the same... Think about that for a minute. Is it worth it? Realize that by not forgiving we are not harming anybody but ourselves. And I ask you again, is it worth it?

Moreover, those harsh feelings are not aligned with the Source; thus our moving forward in life gets inhibited... blocked. The Source is love and forgiveness. We must be a part of it before we start moving forward in life. This is why we must work on ourselves before we attempt to achieve our desires. Pride may get in the way too. It is also time to let go of pride and ask for forgiveness from others we might have hurt.

Self-Sabotage – Inability to Get Ahead in Life

Self-sabotage also acts as a barrier that prevents us from moving forward. Therapists call it “baggage”. The longer you carry this baggage the more anchored you will feel to the past.

Self-sabotage comes from carrying around pain that doesn’t serve us anymore. At one point the pain protected us from becoming more harmed. It acted like a shield when we were “in the middle” of the painful or problematic situation. We must realize this is now in the past.

Remembering and rehearsing the situation only brings it to life again, causing more pain and discomfort that doesn’t have a purpose any longer. It doesn’t serve us for anything because the situation is not “active” anymore. This pain causes heavy “baggage” and it prevents us from moving forward.

Living in the Past

Lack of present focus is another drawback. Have you noticed how much time is wasted thinking about what happened yesterday, and the day before that, and last month, and three years ago, etc...? Why not using that time for living in the NOW while visualizing the future as we want it to be? Letting go of the past is imperative... can you see how remembering the past keeps you in the past?

A clever way to get rid of this “habit” is by creating a [Vision Board](#).

Just a few minutes of daily dedication to your board will help reprogram your subconscious and train your mind to focus on what you want to create. Miracles will happen if you do this often!

Emptying the “Jar” or Living Captive in the Past...

By letting go of what doesn’t serve you anymore you begin to empty your “jar”... it will feel lighter as it is not filled with rubbish any longer, and you will notice this as you go about your daily activities with more enthusiasm.

Is this a painful process? Yes, it can be, but nothing you cannot deal with. This is why I said at the beginning of this report that the process is simple but not easy. Yet, it is the way to go for you to grow and transcend. It takes courage; sometimes, a lot of courage, but it is well worth it.

Think about it this way... do you rather endure the pain of digging into your soul now in order to let go and live a life of fulfillment and constant bliss, or do you rather live a life of scarcity as these unresolved issues hold you hostage indefinitely?

This is after all, allowing ourselves to live fully. And that happens as we give ourselves permission to heal. When you think about it, this is no different to a physical health problem, like an herniated cervical disc, for instance. We can choose to live in pain indefinitely, even while taking pain medication and going to physical therapy. Or we can choose to have surgery and get it fixed for good.

Obviously, the second option is more drastic, less comfortable and will create more pain in the short term, but it could be well worth it, especially if we wanted to resume some physical activities that we used to enjoy, don’t you think?

Red Pill or Blue Pill... It is Your Choice!

I'd like to analyze this from a different –and more fun- perspective. I'll use the movie "The Matrix" as an analogy and point of reference. Let me ask you a question... If you had been Neo, would you have taken the red pill or the blue pill?

If you'd chosen the blue pill you would have decided to live in anguish and despair, to live the same life and attain the same results that have ruled your life until now. "More of the same" as Abraham Hicks would say.

When you take the blue pill you allow your present beliefs –those acquired throughout the years according to what your jar was filled with- to govern your life indefinitely.

This we refer to as the "comfort zone" and sadly many choose that path without realizing they are the main cause of their own fate, as they are limiting their potential... yes, subconsciously.

Neo was ready to be awakened, so he took the red pill. If you watched the movie you must remember the pain he endured to be "re-born."

It was the only way –evidently, to empty his subconscious mind from the "matrix" beliefs that were controlling his life up to that point, and to set him free and ready for his next task, that which lead him to become the self-confident hero at the end of the movie.

Having read this, let me ask you again... are you going to take the blue pill or the red pill? By taking the red pill you start to emanate positive vibrations. You're ready for a change. You know that you'll eventually emerge in transformation, just as a caterpillar ultimately leaves its cocoon as a beautiful butterfly!

This is why you are reading this report. You are sending the "signal" to the Source and it will in turn reply. You are communicating to the Source that you want to participate in co-creating your new reality. And you are being listened to.

As Neo, you will have to endure some pain. This is the time to do introspective work. Digging in to discover what is blocking you can be uncomfortable. It will take you out of your "comfort-zone." Take some time to truly "be" with yourself... just with yourself.

Imagine the positive impact that this decision will make in your life. Feel what it's going to feel like to finally have achieved your ideal life. Get excited about it.

Make sure that feeling accompanies you throughout the process. It will serve you to create balance between pain and reward. Realize that even though your soul could be in pain for awhile, it is nothing that you won't be able to tolerate.

We can use an analogy here once more. When a runner is at the peak of the race, there can be a lot of muscle pain involved. Why doesn't he give up? Because he's been trained to focus on the outcome and uses this as a motivator to keep going.

What doesn't kill You, Strengthens You.

Make a list of the situations, people or circumstances that have caused you pain in the past. Let the feeling emerge and allow it to just "be" for awhile. If you feel like it, you may give yourself a few moments to weep. Be compassionate with yourself. Just "be" in the moment. Then, state out loud that you forgive yourself and/or forgive the person who hurt you. Do it openly, with conviction and from the heart.

Let go of anger. It doesn't serve you anymore. Be gentle and forgive from your core. Whatever the situation was, realize it is NOT happening now. It is in the past and it should be put to rest. Know that by doing this, you are letting go of grudges and replacing negative vibrations with "Source-like" vibrations. As Neo, you are allowing yourself to be re-born.

In the movie, Neo is given some time to recover from the "re-birth" experience before getting into training. You must give yourself some time for this as well. Go back to your list and deal with every issue, one at a time. Take your time; do not rush over this process.

You've been programmed since birth through the several experiences you have lived, so it would be unrealistic to expect for everything to be solved overnight. Do not worry, it won't take forever either.

For some it may be a few hours, for others a few weeks. Just take the necessary time for this process. You are healing your soul and that is necessary before you move forward.

Your jar will eventually be empty and ready for a clean, brand new start.

You Are Healed!

You will know when it is time to move forward because the memories of those situations or people won't affect you any longer. You can –and will from time to time- remember those circumstances, but the difference is that you'll be doing the remembering from a detached perspective, like an observer instead of a participant.

You will feel free and at peace. You will feel lighter and brighter. You will feel no more pain. Once you realize this, it will be one of the most important moments in your whole life; one that will be a definite turn point from which you will emerge as a different person.

You will know when you've reached a high vibrational state because you will feel a sense of peace that confirms you are aligned with all that is. You'll discover you are capable of healing yourself faster. You are in command of your life.

You will become conscious of your intuition and increased perception which have come as a result of your resonating closer to your ideal vibration frequencies.

In the "Matrix", Neo discovers his intuition and increased perception when he's able to determine the bullets' path and avoid –even stop- them with the graceful quick movements that characterized the movie's special effects.

Analogy aside, something similar will happen to you. You'll be able to determine what situations are a possible cause of trouble or harm, and you'll be able to gracefully avoid or even stop them.

This is an indicator that your subconscious mind has become an empty and clean "jar." You are now in a position to determine what you want to fill it up with. This means retraining your subconscious mind -consciously. You will need determination as there is no way back, just as there was no way back for Neo after he took the red pill.

Once we know, we cannot pretend we don't know...

Visualizations and Affirmations – Making them Work!

The way to fill your “jar” is by impressing your subconscious with the images, ideas, beliefs and thoughts that will bring you joy and prosperity. As you do this, the Source will respond with love which will open the gates of infinite possibilities for you.

This is when visualizations and affirmations really start working for you.

If they haven’t worked for you in the past, now you know why. Your subconscious “jar” was full and had no room for anything else! Now that is empty and receptive, you can place in it your dreams, wants and desires.

Start by writing a series of [affirmations](#) that express your gratitude for having arrived to this moment. Use your own words, memorize them and repeat them often. Add affirmations as things begin to appear in your life.

Take a few moments and visualize your “jar” being filled with positive feelings of gratitude. Picture your “jar” in your mind as your precious container, and see it being filled with light every time you visualize something positive. And you can use your vision board to enhance this experience too!

Visualize a peaceful and harmonious world around you. Do it preferably two times a day, early in the morning just before you wake up fully, and late at night just before you retire. Include your loved ones and everything your heart desires in your [visualization](#). Add emotion to it, meaning, allow yourself to feel what it would feel like as it had already happened.

You will be impressing these ideas, scenes and beliefs in your subconscious mind. Beautiful things will start happening. Opportunities for growth will start showing up in your life.

Notice the “coincidences” which are not coincidences per se, but serendipitous events that hold a specific hidden meaning... notice these and use them as guide posts in your path to prosperity. The more you choose to notice them, the more they happen.

When this happens life becomes a magical experience!

Conclusion

Do you NOW have a clear vision of how the Law of Attraction can work for you? You now know what you need to accomplish to make it work in your life. You must start within. That is paramount. You are number one. Like Neo, you are “the one.” The more you let go of the past, the more you will be aligned with the Source. Once you are aligned with the vibration of the Source, things begin to happen as if by miracle. This is truly what life was meant to be.

For personal coaching and an eCourse that delivers results, visit...

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If you couldn't follow the links for more information,
just copy and paste these URL's into your browser...

<http://www.tools-for-abundance.com/affirmations.html>

http://www.tools-for-abundance.com/creative_visualization.html

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