

Karen Luniw, Life Design Coach

Law of Attraction Tips



The Law of Attraction Center and
99 Tips 4U presents

Law of Attraction Tips

Special thanks to:
My love Geoff who is always
an inspiration to me

Contact us:
booklet@thelawofattractiontips.com
for other contact info, visit
www.thelawofattractiontips.com

Introduction.

Several years ago I taught a course I created called *The 7 Steps to Getting What You Want*. I would review seven Universal Laws and the great impact they can have in one's life. Every time I taught the course I would always, almost intuitively, focus on the Law of Attraction because I really felt that all the other Laws became secondary to this powerful law.

As time went on, I looked for and found (that is so LOA!) more evidence of how really powerful this law is for the conscious user.

Recently, with the release of the movie *The Secret*, Law of Attraction is becoming more mainstream. There is now very convincing scientific evidence that supports this 'spiritual' belief. (Not that we didn't already know that it works!)

The 99 tips in this booklet reflect some of what I have learned about the Law of Attraction that can help any one get more from their life. That's my main goal for being involved in this field—to teach as many people as possible to get what they want!

Love to hear your success stories, email us at:
booklet@thelawofattractiontips.com

Infinite happiness and success to you,

—Karen ∞

How to use this booklet

For ease of use, included are tick boxes to the left of each tip. As you read through, tick the left box of the tips that appeal to you and use the right tick box when you've accomplished this tip.

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Designed by Greg Salmela, Aegis (Toronto)
www.ideaschangereality.com

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Five Steps to Using the Law of Attraction

Step One

Know What You DON'T Want.

- 1** In order to attract what you want, you must be clear about what you don't want.
- 2** It seems like it should be obvious that we should just automatically know what we don't want but sometimes we allow ourselves to become so entangled in other's lives that we don't pay attention to what really lights us up.
- 3** Take a look at your life and analyze every facet (work, home, relationships, money, etc.)
- 4** Do you like your work?
- 5** Do you like the people you associate with?
- 6** Do you love your home life?
- 7** Do you like the activities you do daily/weekly/monthly?
- 8** Do you have opportunities to feel real happiness or joy daily?
- 9** Do you like you?
- 10** Do you always put others first? Or are you ever self-full? (This is not to be confused with selfish. Reframe the word selfish to become self-full which is not a bad thing!)

Step Two

Know What You DO Want.

□ □ 11 What do you want is not necessarily the opposite of what you don't want, but just a slight shift (i.e., you'd love your job if you could incorporate flex days)

□ □ 12 Identify what really makes you light up.

□ □ 13 Imagine what it would be like to have what you want—really fantasize about this!

□ □ 14 Look at the different areas of your life and identify what the 'ideal' life would look like to you in each area.

□ □ 15 What is your ideal loving relationship like?

□ □ 16 What is your ideal love life like?

□ □ 17 What is your ideal job like?

□ □ 18 What is your ideal social life like?

□ □ 19 What is your ideal financial life like?

□ □ 20 What is your ideal health like?

□ □ 21 What is your ideal YOU like?

Step Three

Ask For It.

- □ 22 Asking starts as soon as you identify what you'd like.
- □ 23 The Universe already has what you want as soon as you ask. It's there—ready and waiting.
- □ 24 Fantasizing is asking.
- □ 25 Visualizing is asking.
- □ 26 Saying 'I am' statements is loudly asking (i.e. I AM thin!)
- □ 27 Meditating on what you want is asking.
- □ 28 Doing the 'Tony Robbins Walk' is asking.
- □ 29 Focusing with feeling on what you want is asking.
- □ 30 Ask even if you don't believe it can happen.
- □ 31 Ask even if you're unsure you should ask (guilt, deserving, feelings of not being good enough)

Step Four

Allow It.

□ □ 32 Expect what you've asked for to happen.

□ □ 33 Abandon doubt.

□ □ 34 Don't acknowledge absence.

□ □ 35 Let go of any resistance.

□ □ 36 Release any guilt.

□ □ 37 Release any feeling of lack of deserving.

□ □ 38 Create belief.

□ □ 39 Enjoy yourself.

□ □ 40 Quit trying to control.

Step Five

Receive It.

☐ ☐ 41 Pay attention to the things that show up.

☐ ☐ 42 Acknowledge that you created this.

☐ ☐ 43 Enjoy it.

☐ ☐ 44 Give thanks for it.

☐ ☐ 45 Savor it!

☐ ☐ 46 Give something.

☐ ☐ 47 Acknowledge yourself—be in awe of yourself.

☐ ☐ 48 Acknowledge your source.

☐ ☐ 49 Be okay with wanting more!

☐ ☐ 50 Repeat steps 41 through 49 to create opportunity for attraction of more of what you want.

Law of Attraction Tips

The Basics of the Law of Attraction.

The Basics of the Law of Attraction.

- □ **51** There is a source energy that is intelligent and all powerful.
- □ **52** There is nothing that this source energy is not.
- □ **53** You can tap into this energy and use aspects of it to improve any part of your life.
- □ **54** The Law of Attraction is like energy attracting like energy.
- □ **55** This law is at work 100% of the time.
- □ **56** Luck and coincidence are the result of the Law of Attraction at work.
- □ **57** Law of Attraction is not a New Age phenomenon; it has been in existence since the beginning of time. It's been referred to in most religions.
- □ **58** There are steps to help anyone use the Law of Attraction for their benefit—different people have identified different steps—it's all pretty much the same with the premise to make it simple and help people succeed.
- □ **59** Law of Attraction is a simple concept not always easily applied.

□ □ **60** Automatic attraction is when you create something easily without effort —mostly subconscious.

□ □ **61** Active attraction is the conscious use of the steps, tips and ideas to create what one wants.

□ □ **62** What we think, believe and feel become our reality.

□ □ **63** Like energy responds whether we're remembering something in the past, living it now or imagining something for the future.

□ □ **64** Everything we have now in our life is a result of past thoughts, beliefs and feelings.

Putting This All to Work.



65

Fantasize, play with your thoughts like you did when you were a kid—when it was just practice.



66

Focus on what you want with feeling. Really, really feel what you want as if it already exists.



67

Say 'I AM' statements with some physical intensity.



68

Get to understand what resistance feels like in your body and mind.



69

We have an estimated 60,000 thoughts a day—we can't monitor them all but we know if we're moving in the direction of our goals if we're having positive feelings.



70

Become more conscious about what you're thinking (and creating) by noticing shifts in your mood.



71

No emotion is good or bad—it just is.

□ □ **72** Our emotions are great indicators of whether or not we're moving closer to our goals or away from them.

□ □ **73** Learn how to release resistance in the moment it happens or deliberately when you're focusing on what you want.

□ □ **74** Above all, have fun! Enjoy this process and don't make it a chore. If it becomes a chore you're ensuring only active attraction can occur.

□ □ **75** Move active attraction to automatic attraction.

Relationships.



76

We teach people how to treat us. We attract relationship patterns. If we let people treat us badly or in a way that doesn't suit us without changing it, we will continue to attract this pattern in our life.



77

Not all friends are created equal—it's not likely that one friend will accommodate all our needs. All friends are a reflection of some aspect of our self.



78

If you want the best out of a relationship, focus on the attributes you like, not on the faults of the person or relationship.



79

Appreciate and praise the other for the things you like and that they do well—you'll see more of it then.



80

Even the most difficult relationship can be given a boost by imagining it to be the way you want it to be.



81

Get clear about the relationship you would like to have—fantasize what it would be like to have that relationship.



82

Focus on the type of person you would like to have a relationship with, but not on a specific person.



83

If you want a relationship, kick back, let go and find ways to truly enjoy yourself.



84

If you're in a relationship, kick back, let go of your need to control and truly enjoy yourself and the person you are with.



85

Spend time around others that have the type of relationship you admire.



86

Ask questions of the people which are in the relationship you admire and ask how they met, how things work for them; why they think it works.

Money.



87

Lack of money is usually what we're feeling when we ask for more. If you keep feeling lack, you'll never attract abundance.



88

Abundance is a feeling not a dollar amount.



89

Notice that nature is abundant.



90

Notice that you're part of nature and it's your birthright to be as abundant as you will allow.



91

Notice how you feel about people that have what you want—if you're jealous—you're not believing it will be yours and you are focusing on lack.



92

BE abundant—act as if—put yourself in a rich person's shoes and really feel what you would be like when you're wealthy.

Health.

□ □ 93

Fantasizing or visualizing are powerful, powerful tools to move you toward the health condition you want.

□ □ 94

You can't be thin by having fat thoughts. It's just not possible. You have to focus on being thin.

□ □ 95

You can't feel great if you're focusing on your illness or pain. That's a given. You must focus on what it feels like to feel good.

□ □ 96

Ask yourself what the benefits are in being in your current health condition. That, coupled with your focus, are likely what is keeping you stuck where you are.

□ □ 97

Dr. Norman Cousins recommended laughter as the best medicine. In terms of Law of Attraction, laughter moves you into a positive state, which helps you to let go of resistance so source energy can flow through you.

Big Tips.

□ □ **98**

Chaos theory has identified a pattern that events follow— this pattern is called an *attractor pattern*. It looks similar to a figure-eight or alternatively, the infinity symbol. Imagine your current pattern of Being moving along the infinity loop symbol. You move in and out of the same cycle. Sometimes when we want change, where you want to be is likely on another infinite pattern. It takes quite a leap to move from one infinite loop to another but it can be done. You do need to switch your habits of thought and feeling to attract the new path. It CAN be done!

□ □ **99**

The most difficult aspect of all of this is to BE or feel something you're not. Remember, the concept of the Law of Attraction is simple but not always easy to apply. However, it can be done and people change their lives every day using this powerful principle. Don't sell yourself short and keep BEING what you want until it happens. Like they say—fake it till you make it. I promise, if you stick in there—you WILL get what you want. Just be open to how it shows up.

About the Author.

Karen Luniw is a Life Design Coach who works with individual and corporate clients through teleclasses, workshops, speaking engagements as well as phone and email coaching.

Karen operates The Law of Attraction Center (thelawofattractioncenter.com) which is a virtual resource center for people wanting to learn more about the Law of Attraction. The Center offers back issues of her globally popular tips letter and podcasts called The Law of Attraction Tips.

To date, thousands of people have signed up for the free tips letter and hundreds of thousands of downloads have been made of the podcasts.

This booklet has been inspired by all the listeners and readers that were asking for more information and is a compilation of some of the vast knowledge that Karen has collected over her past 10 years of focus on this subject.

Karen lives in Kelowna, British Columbia with her husband Geoff and pooches Sally, Chili and Pepper.

For more information about teleclasses, workshop, speaking engagements and coaching, call Karen at 1-250-808-5628 or go to the website at www.thelawofattractioncenter.com

For more information about this booklet:

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info@thelawofattractioncenter.com
or call 1-250-808-5628

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