



# **LAW OF ATTRACTION**

*5 PRACTICAL WAYS TO REPROGRAM  
YOUR SUBCONSCIOUS MIND*

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## **Table of Contents:**

Disclaimer

Introduction

What is Law of Attraction?

Why law of Attraction doesn't work for some people?

5 Practical Ways to Reprogram your Subconscious Mind

Method 1

Method 2

Method 3

Method 4

Method 5

Conclusion

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## **Introduction**

Most of the people have heard, read and even watched movies regarding Mind Powers and Law of Attraction. Also most of them have applied them in their lives, but only few are able to manifest their desires in their lives. This is not because that their method of application is wrong, but because of their inner beliefs which they have acquired when they were child. So, we need a method to reprogram our subconscious mind in order to change those limiting beliefs.

In this Book, you will find the ways on how you can reprogram your subconscious mind to change your inner beliefs and manifest your desires and goals.

## What is the law of attraction?

The law of attraction states that we attract into our lives anything that we give attention to, regardless whether it is positive or negative. It is based on the idea that people and their thoughts are made from Energy and the beliefs that like energy attract like energy.

From a psychological view, the law of attraction can be best explained by the information filtering system of the brain known as the reticular activating system (RAS). Vision boards serve the role of programming the RAS to tune into external stimuli that can help us move closer towards our intentions.

At the base of the human brain stem, in between the medulla oblongata and the mesencephalon, there is a small finger-sized control centre called the reticular activating system (RAS) that sorts and evaluates incoming data. Your RAS is responsible for filtering all the incoming information that your brain receives and it also acts as receiver for information that is tagged as important.

It has been said that this reticular activating system is only responsible for our heart beat, breathe, muscle actions and our focus.

However, recent scientists had also found out that this reticular activating system is also involved in sorting out whether information that received by our brain is important or not.

That means that millions bytes of information per second will be analysed by this *reticular activating system* so that we receive ONLY the information that we want and we will not be overwhelmed.

In other words, this reticular activating system helps us to focus on what we want, for example, our goals, our targets, our dreams and our desires.