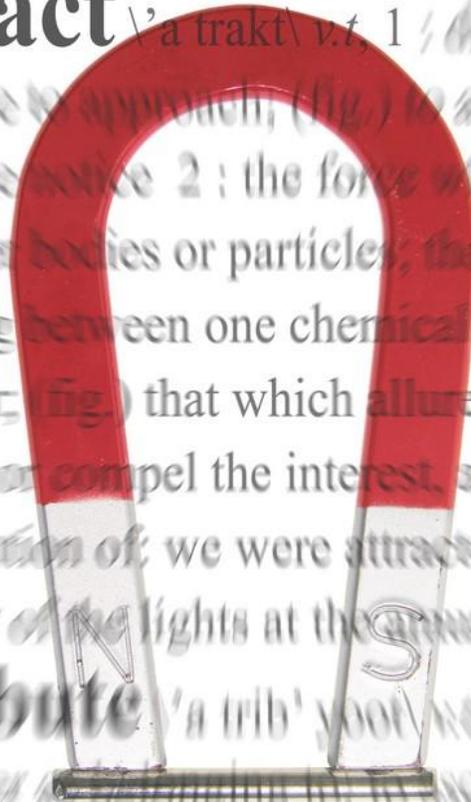


Law of Attraction

INTRODUCTORY COURSE

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Eva Gregory, CPCC

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Leading Edge™ Law of Attraction Introductory Course



by Eva Gregory, CPCC

"Are you ready to accept abundance? Imagine yourself with abundance in all areas of your life. Get into the feeling place of being in abundance and bask in the feeling. In doing so, you are telling the Universe you are ready for the abundance that is rightfully yours." – Eva

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Dr. Madalyn Kennedy has permission for resale and distribution
of this LOA_Ecourse.

Eva Gregory was my 1st teacher and mentor for trusting and
understanding about channeling and messages
from my spiritual guides.
Thank you, Eva.



Section 1: The Universal Law of Attraction

Are you aware of what a powerful creator you are? Do you know that everything that is happening to you or has ever happened to you is, without exception, in full response to your thoughts - and more importantly - the emotions behind those thoughts?

Take a look at your life. There are probably some areas you're really happy with and some areas you're not so happy with. You may even believe you are a victim of your circumstances. I'm here to tell you, you are not a victim! It's simply a matter of understanding how to play the Game of Life by understanding the rules...the Laws that define the Game.

"Your power is in your thoughts. Your job is to dream what you want into being and then, only then, take whatever action you are inspired to take; whatever action you enjoy taking, to make your dream a reality." -- Eva

Would you agree that whether you believe in the law of gravity or not, it exists? It is the same with Universal Laws. They exist and affect you whether you are aware of them or not. However, Universal Laws are far more powerful than gravity. Gravity affects earth. Universal Laws are infinite and beyond all boundaries.

Of all the Laws, the single most powerful law is the Law of Attraction which says: "That which is likened unto itself is drawn" or more simply put, "Like attracts like". This means that what you are focused on, you draw to you.

Here's how it works. When you are focused on what you want, you are attracting to you what you want. When you are focused on what you do not want, you are attracting to you what you do not want.

Okay, I can sense you rumbling out there and your thoughts are probably going something like "So if it's that simple and clear, why haven't we known this before?" Or, "I've been focused on wanting more money for years, so why hasn't it come to me?"

The Law is that simple. However, our thoughts are usually very unfocused and running in many directions at once. For example, you may say "I want a loving relationship." In that moment, the Universe is orchestrating circumstances and events to bring it to you. And yet, usually, in the same sentence, we sabotage ourselves by saying something like,

"but I feel so alone." So, in essence, the Universal forces say, "Wait a minute. Now he says he feels so alone." And you stop the energy flow.

So, take it a step further. When you are thinking about wanting a new relationship, but feeling so alone, where are your emotions? They are focused in feelings of lack; feelings that you want something you do not believe you can have. Can you see how, by not understanding this Law, we hold things away from us we could otherwise have? - **Our thoughts and emotions are our attraction base.**

Let's take the example of money. You say you've been wanting more money for as long as you can remember. When you think of wanting more money, how do you feel about it? Happy? Elated? Or frustrated? Angry? Sad? Maybe, jealous of those who do have money? In my experience, this particular subject has more people on an emotional roller-coaster than all other subjects combined. The good news is that it doesn't matter how long you've felt this way or how deeply. You can literally turn it around and begin flowing money to you by consciously and deliberately practicing the Law of Attraction through your thoughts and feelings.

Anything in your life you want to change, you can, simply by understanding the Law of Attraction and choosing to deliberately change your thoughts and constantly reach for the thought that feels better. The way you predominantly feel about any given subject is your barometer for knowing what your balance of thought is on that subject. The circumstances of your life is another indicator. If you're ever wondering which end of the barometer your thoughts are on, check in with your emotions. Your emotions never lie about the way you are flowing your energy.



Coach's Corner

Begin playing with the Law of Attraction

Choose a thought pattern or area of your life you'd like to change. Set your intent and write it down in your journal (or below).

Consciously and deliberately offer thoughts about what you want and why you want it. Get into the feeling place of having it and enjoy the visualization as if it's already here. Check in with your emotions to determine how you're flowing your energy around it. If you're feeling less than joyful about it, reach for the thought that feels better. Understand that you are flexing a muscle that in time gets easier and easier. Most importantly, keep it light, make it a game and have fun with it!

Thought Pattern or Area I Want To Change:

What I Want

Why I Want It

<hr/>	<hr/>

For more in-depth information on how to use Law of Attraction in your life, be sure to order your personal copy of [The Feel Good Guide to Prosperity](#). Activate what you DO want with the powerful [Attraction In Action Vision Board!](#)

Section 2: The Universal Law of Deliberate Creation

Infinite growth. Eternal change. Never-ending creation. It all begins with thought. Literally, every thought you think influences and adds to what you are experiencing. Yet most people's lives change very little. How do you account for that?

I had a client say to me, "I don't understand, Eva. You're telling me I'm the creator of my experience, and there's no way I would have created this crisis in my life on purpose!" I agree! Certainly not on purpose. Definitely by default. It is the lack of understanding of Universal Laws that has us creating our lives by default. Once you understand these Laws, you can begin to create what you want in your life consciously and *deliberately*.

"Your life may have been a certain way until now, yet it doesn't have to stay that way. Your life can be the way you want it beginning NOW. You have the power to make it different. Make the decision to have the life you want and do it NOW!" -- Eva

When things are going wrong in our lives, we want to deny any responsibility for creating it. And yet, until you understand the power you hold and accept responsibility for everything in your life -- the good, the bad and the ugly -- you deny your true freedom in life! You are held hostage by the wants and desires and expectations of others. And I've got news for you. There is no way possible to satisfy all the wants, desires, and expectations others project on you. It is a losing situation!

Simply put, the Law of Attraction means whatever you focus on you draw to you. So, if you are focused on something you do not want, you attract more of that to you. If you are focused on something you do want, you attract more of that to you. As thinking, feeling human beings we are in a constant mode of creating, whether we believe it or not.

We are creators. Anything you focus on, by Law of Attraction, you create, without exception. Your creativity never stops. The good news is that once you understand the Universal Law of Attraction, you can be *deliberate* in your intent. You can choose thoughts about the experiences and things you do want in your life rather than thinking thoughts about what you don't want in your life. In other words, you begin to create what you want purposefully and intentionally.

"Regardless of your circumstances, make the best of everything in your mind. As you do, you attract more of the best to you." -- Eva

The Law of Deliberate Creation is simply understanding the Law of Attraction and then consciously and *deliberately* choosing the thoughts and emotions that feel better. Always reach for the thought that feels better. How do you know when you're in alignment with what you want or when you're not? Check in with your emotions. ***Your emotions never lie!***

You may ask, "Where does action come in"? Clearly, as humans, we are action-oriented beings. Yet, when we put our focus on being in action *first* -- being in the '*doing*' first -- we are going about our creative process backwards. The natural order is to identify how you want to feel, then identify what you want from that feeling place. From that point, you will be *inspired* to the right action.

Let's look at an example. One of my clients wanted to increase her chiropractic business to 30 new clients per month. When we first began the process, *both* of us got caught up in the tactics, the goals and the how-to's of making it happen. It really got bogged down. (Yes, even I still slip up after all these years. Dang!)

Once I realized what was going on -- trying to make something happen before getting into alignment with it emotionally -- I checked in with her. "Karen, how does this plan feel to you?" There was an enormous amount of resistance, feelings of "should" and the feeling of having to take it all on herself, yada, yada, yada. We tossed it all out the window and began again with *what felt good to her*.

I sent her away to do absolutely nothing over the next week except get into the feeling place of what it would be like to have 30 new clients coming in every month easily and effortlessly. She journaled and visualized what a day would feel like if clients just flowed to her. She saw them appreciating her and getting the relief they were looking for. She got into the feeling place of what it would be like to have the day-to-day administration handled without her having to be involved and having it be streamlined.

"There is no ending. There is always more. Every moment is a new beginning, and a movement beyond what was. An ending of something is nothing more than a new beginning that is unfolding. By focusing on what is coming, you launch new intentions that draw more new experiences to you." -- Eva

From *there*, the inspired ideas came for the action steps *that worked for her*. She went to a class about a database software package that would streamline the administrative side of the business. She organized a newsletter to go out regularly and follow-up letters to be sent to prospects and past clients offering a special just for them. She even found someone else to handle it all so she could be home with her children to enjoy the planning and preparations for their Christmas holiday. Within a month, she was attracting 30 clients a month and working less in the process.

One of my favorite quotes from Abraham-Hicks is: **Nothing is more important than that you feel good!** And from that feel-good place, you can easily create all you are wanting in your life. It is the difference in coming from a negative place, working really hard to fix what is wrong -- to being in a positive place, clear about what you want and attracting **it** to you easily, effortlessly and joyfully.

Most of us haven't quite gotten it yet that ***life was meant to be fun!*** Here you are in this creative 'playground' of huge proportions. It is called your life. It is your job to create what you want in your imagination, get into the feeling place of it already happening, and then allow the Universe to bring about the people, places, circumstances, events and action ***from inspiration*** that allows it to become a part of your physical reality.



Coach's Corner

Keep playing with the Law of Attraction

Remember that area of your life you selected in the first section of this course? You know, the one you set your intention toward?

What would it feel like to have that be exceptionally easy and fun? Right now is the best time to practice having a relaxed mind, which is an essential part of deliberate creation.

Did you know that studies have shown that perpetually “lucky” people are generally more relaxed about life? Take a little break and relax into your vision of having what you want. No stress. No fuss. Just simple relaxation and ease. How do you feel?

Once in this relaxed place, write down any ideas, thoughts, or actions that come to mind. Then, GET OUT THERE AND DO THEM!! Go talk to people, relax and have fun with others, and see what “chance” encounters happen.

Thought Pattern or Area I Want To Change:

Ideas and Thoughts	Actions
_____	_____
_____	_____
_____	_____

If you're serious about living your life consciously, intentionally and deliberately, join [The Leading Edge Success Club™](http://www.LeadngEdgeSuccessClub.com) and participate in Eva's Leading Edge Living™ One Year Success Program. Past participants have paid as much as \$2700 for it! And it's FREE to you as a [Leading Edge Success Club™](http://www.LeadngEdgeSuccessClub.com) member. It is a body/mind/spirit 'in the bones' course that can alter your life!

Section 3: The Universal Law of Allowing

Do you think that if someone with beliefs opposed to yours gets their way, you can't have your way? Or do you believe there's room for it all?

Of the three Universal Laws of Attraction, the Law of Allowing is where the rubber meets the road.

The truth is, there is freedom in allowing circumstances to be what they are and people to be who they are, *whether you agree with them or not*. Really. Even when it comes to poverty or war or disease.

"The only thing standing between you and your dream is your belief that it's possible and your willingness to go after it." --Eva

So, how in the world do you accept situations and people that stand for something you don't? Or that want the opposite of what you want? We tend to think we can't have it both ways. So what do we do? We push back! We hold protest marches against war, we organize campaigns against drugs, we battle disease.

And yet, understanding the Law of Attraction -- that whatever you are focused on you attract more of -- when you are focused on what you do not want in an effort to defeat it or resist it, you are not *allowing* what you do want to flow to you.

Remember the Coach's Corner exercise I asked you to do in the previous section? The Law of Allowing is about relaxing – having a relaxed, but positively focused mind – and allowing the universe to deliver to you what you're wanting.

When you say yes to something, you attract more of that into your life, because that is what you are focused on. When you say no to something, you attract more of that into your life, because *that* is what you are focused on. So in order to allow what you want to flow to you, you must allow others to focus on what they want - even if you don't agree with it.

"There's no reason to wait until the rest of the world is balanced to achieve balance and fulfillment in your own life. Only YOU need to understand what you know for you to have what you want in your life." -- Eva

In other words, be more consciously selective about where you choose to focus your attention. Rather than going into resistance about something you don't want or don't agree with, flip your thoughts around to what you *do* want and make 'Just Say Yes!' your slogan.

Allow what you want to come to you by yes'ing your way through life. 'Just Say Yes' to abundance. 'Just Say Yes' to great relationships. 'Just Say Yes' to a healthy body. 'Just Say Yes' to work that you love. Get the picture? Your job is to simply identify what you want, get into the *feeling* place of having it and then *allow* it to flow to you by holding your focus there.

When you understand these principles and put them to use consciously, intentionally and deliberately, you put yourself in a place of non-resistance. How do you know if you're allowing? By noticing how you *feel*. Your emotions are always your guide. Whenever you are in a place of feeling good, you are in a place of allowing. **Nothing is more important than that you feel good!**



Coach's Corner

Take an inventory of what you are and are not allowing in your life right now. A fun and easy way to do this (*that doesn't involve yet one more list*) is to notice something fun over the next 24 hours.

Notice how many coins you find on the street, in your house, your pockets, or just sitting waiting for you to find them. Pick up all pennies, nickels, dimes, and even \$20 bills if you find them.

Then, at the end of the day, see how much loose pocket change you accumulated. Do this same thing for five days in a row. What do you notice as you focus more and more on allowing (relaxed mind!!) things to come to you?

Day One:

Day Two:

Day Three:

Day Four:

Day Five:

Be sure to join [The Leading Edge Success Club™](http://www.LeadinEdgeSuccessClub.com) and enjoy a number of products and programs developed specifically to support you in understanding and utilizing the Law of Attraction while connecting with other like-minded individuals. Another great way to activate your dreams and desires is with the powerful [Attraction In Action Vision Board!](#)

Section 4: Manifesting What You Want

What does it mean **to manifest**? What was the first thing that popped into your mind? Was it '**to create, to come to be, to bring to reality**'?

Close. The definition is: '**clearly apparent to the sight or understanding!**' Did you know that an infinite number of things are manifested every day? That's right! Each thought, each vibration, each feeling or belief manifests a response, be it positive or negative.

*"If the world is our playground,
why aren't we playing more?" -- Eva*

One of the most powerful things to understand about manifestation is that what comes to be in your life began with a thought, feeling or action by *you*. Compelling, isn't it?

The wonderful person you met, the great new job with full benefits, or the perfect house with all of that closet space and the finished basement, all began with your thoughts. Did you pat yourself on the back? Go ahead. Please give credit where it is due!

On the other hand, the lack of funds, marital break-up, or business standstill are also of your making. How does one harness this powerful tool to create the things that are wanted, instead of the things that aren't?

The answer is by becoming more in tune with your thoughts, feelings, situations, and actions. The more aware you are of where your thoughts are wandering to, the more control you will have over what is being manifested.

Ben is one of a growing number of work-from-home dads. It is his responsibility to take care of two children under the age of four each day, while running his successful web design business. Is it challenging? Absolutely, but Ben has managed quite nicely by making manifestation work for him. His sons used to pick the most inopportune time to make noise, wreak havoc, and well...act like toddlers! But now this rarely occurs because Ben takes the time throughout his day to focus his thoughts on what actions he would like to see occur: quiet play, easy nap-time routines, and uneventful meals, and it works! No longer does Ben have to hide in the bathroom to take important business calls. He has effectively managed to create the work environment that he needs.

Ben is taking full responsibility for his thoughts and for what then manifests in his life as a result of his thoughts!

Manifestation requires time, patience and practice. It can be difficult to change bad habits and to train yourself to think differently, and it is so rewarding when the effort is made. So begin manifesting the things you want by making that mental shift.



Coach's Corner

Start small if you have to, but start today. Focus on what you want, instead of what you don't have, always keeping your eyes on the goal. Remember to look for and appreciate what is manifesting. You just have to identify them as what you asked for, so be careful what you ask for. Remember to show gratitude as your dreams and desires appear. **Remember that the more gratitude (positive energy) that is shown, the more positive energy will flow back to you.** With all of this positive imagery and energy, success will abound. So, start using these tips now. You'll be manifesting a great deal more of what you want. I guarantee that you will be impressed by the fruits of your effort.

What I Want: _____

What I'm Noticing and Appreciating That is Manifesting

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

Thank you so much for participating in my Leading Edge™ Law of Attraction Introductory Course. I invite you to join other positive thinking, like-minded individuals as a member of [The Leading Edge Success Club™](http://www.LeadngEdgeSuccessClub.com) online community, where we're all connecting, growing and utilize the Law of Attraction in all areas of our lives. Another easy, powerful way to activate your dreams and desires is by creating your own [Attraction In Action Vision Board](#). In the meantime, what I wish for you is a life of freedom, joy and prosperity!



About Eva

Eva Gregory, CPCC, is a master coach, speaker and author of several programs and books including [*The Feel Good Guide to Prosperity*](#). She has instructed tens of thousands in person, on the radio and in teleconferences, seminars and workshops on how to deliberately create a life by design using the Laws of Attraction.

Eva is regularly featured on radio and in the media and is a recognized authority on the Law of Attraction. As co-host of [*The Jeanna and Eva Show*](#), she has interviewed some of the most powerfully successful inspirational experts today.

Eva specializes in empowering individuals and organizations to produce outstanding results through the use of individual coaching, group coaching, teleclasses and workshops. Eva empowers her clients not only in their business lives, but in their personal lives as well. Her unwavering belief that all of us have the power to change anything in our lives and design it purposefully, is what helps her clients realize their own possibilities.

She is an Executive Producer for a positive music label, *Googol Press*.

Her most popular program, *The Leading Edge Living™ One Year Success Program*, in which she's coached thousands of clients worldwide, is the cornerstone of [*The Leading Edge Success Club™*](#).

Eva delivers keynote addresses, workshops, seminars and teleconferences both nationally and internationally. Her newest book, *Life Lessons for Mastering the Law of Attraction* is co-authored with Jack Canfield, Mark Victor Hanson and Jeanna Gabellini.

Look for it in bookstores March 2008.

For more information about Eva's books, programs and other services or to schedule her for an interview or presentation, please contact:

Leading Edge Coaching & Training
Phone: 510.597.0687 • Fax: 510.588.5477
www.LeadinEdgeCoaching.com
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Dr. Madalyn has permission for resale and distribution of this LOA_Ecourse.
Eva Gregory was my 1st teacher and mentor for trusting and understanding about channeling and the messages from my spiritual guides.

Thank you, Eva.



For more information about Dr. Kennedy go to
www.belovedessences.com and to
www.innerlightguidancecoaching.com

Blessings

Dr. Madalyn Kennedy is a certified master life coach, speaker and author of the book, [The Divine Feminine, Mortal to Immortal](#). Thousands have benefited from her 30+ years of experience as a coach, metaphysical worker and energy healer.

