

50 Law of Attraction EXERCISES, TIPS & TRICKS



TO HACK YOUR MIND & INCREASE
YOUR MANIFESTATION POWER

Jessica Connor, Ph.D.

*50 Law of Attraction
Exercises, Tips & Tricks
To Hack Your Mind &
Increase Your Manifestation Power*



Jessica Connor, Ph.D.

Copyright 2016

All rights reserved. No part of this book may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording or other electronic or mechanical methods without the prior written permission of the author, except in the case of brief quotations embodied in critical articles, reviews, and certain other noncommercial uses permitted by copyright law.

Printed in the United States of America

ISBN-13: 978-1541152281

Contents

[Forward](#)

- 1 [Understanding Your Subconscious Mind](#)
- 2 [10 Tips to Become a Master of Your Subconscious Mind](#)
- 3 [Exercises to Apply to Any Creation Desired](#)
- 4 [Connecting With the Creative Power of Your Higher Self](#)
- 5 [Manifesting Money Exercises](#)
- 6 [Relationship Exercises](#)
- 7 [Neuro-Linguistic Programming Exercises](#)
- 8 [Manifestation Formula](#)

Foreword

Within each of our minds is a skillful storyteller. This storyteller can either be an immense asset to helping our dreams manifest into reality, or it can be a huge demotivating force that keeps us stuck in unwanted circumstances. It tells us stories on a consistent basis about everything, and can be programmed to influence and encourage us towards our dreams. We have full control over this storyteller once we become aware of it and begin to make choices to arrange only positive accounts and reinforce them on a regular basis. Those who are successful at making their dreams a reality are masters at monitoring the storyteller within them. They use it to their advantage to engage with the types of outer conditions they deliberately choose for themselves.

Life itself is also very interesting. It is a swirling, vibrating mass of energy in various configurations that is always changing. This energy, perceived via your senses, is edited within your brain using the programming of your subconscious mind. What you perceive is merely a representation of reality, as viewed by you. Your experiences are the brain's depiction of reality as dictated by your subconscious mind. The subconscious mind is not much different than a machine. And this machine, generally speaking, is resistant to change; otherwise, your reality would alter as frequently as you encounter a different thought.

Possibly due to some of the current ambiguous law of attraction material available, many people experience difficulty when trying to implement correct techniques to manifest their desires. This can create frustrated attempts for those aiming to attract their life intentionally; and failed efforts

lead to a belief that the law of attraction doesn't work. It can be tricky to understand how to govern the power you hold, so you will need to learn to master your mind and the current habits it possesses for optimal results.

This book is written with the purpose of increasing the manifestation potential within those that choose to deliberately create an existence of detailed selection. This is not only possible to accomplish, but probable with the proper tools and precise dedication. There is a great deal of information on how and why the law of attraction works, but not a lot of instruction on the ways in which to truly employ practices that create results. With these exercises, transcending limitations can be easier than you may currently believe to be true.

The first portion of the book provides a simple introduction to subconscious reasoning for a better understanding of your current conditions and circumstances. This is followed by 10 simple tips to begin changing any undesired results; these are what I refer to as the basics. You may already be acquainted with some of these basic processes; however, they are worth repeating as foundational information and to stress their importance.

Following the basic information are an additional 40 (not-so-common) exercises, tips and tricks that are very practical and easy to implement in everyday life. If you are well-versed in basic law of attraction principles, you may want to begin with chapter 3. Each process is designed to shift your mindset from focusing on daily routine, and to unlock the subconscious powerhouse that carries a whole new world of possibilities for you. Unless you open the gift box you've been provided with, you can never receive the present inside. The intention of these writings is to show you how to do that. This book was created to assist you in the creation of

new beliefs of your choosing and faith in your ability to manifest what you desire.

If some of these exercises seem unusual to you, realize that your mind has a very rigid set of rules and guidelines that it follows each day in order to keep its routine as normal as possible. To create new results in your life, a new set of boundaries must be established. Stepping out of the comfort zone is often required to accomplish new outcomes. Individual results will be dependent upon the ability to be consistent enough to create new habits. Happy Manifesting!

1

Understanding Your Subconscious Mind

The most prominent reason people fail to become masters of the power of their mind, and therefore their outer conditions, is because they don't understand how the subconscious thinks. Since our true power comes from our subconscious mind, it's essential to comprehend the differences between its role and the conscious mind's role. If your intention is to use your mind to attract something, or change something about yourself, it's imperative to utilize the proper methods of delicately aligning with the subconscious mind's massive potential regarding life in general. To alter results, we must access the subconscious being itself in such a way that allows it to cooperate and change any underlying directives or hidden decisions.

Far more capable than any macro computer, the subconscious stores every event, occurrence, emotion and circumstance. Subconscious programming happens very early. Most of this programming occurs between birth and 7 years old, but we are still programming our subconscious mind well until the age of 16. Children between 0 and 7 years old are learning more on a subconscious level than they do on a conscious level. All of that data is stored and is available for recall as we navigate our life's circumstances. This portion of the mind contains all of the reasons you do what you do,

and believe what you believe. If you can't seem to change your mindset, or make a desired change in life, the key will be held your subconscious mind.

This subconscious does not work on logic. Likened to a video recorder, it doesn't judge or analyze; it simply tapes as it sees and hears. It also doesn't make any distinctions between right and wrong, or good and bad, when storing beliefs. What many people fail to realize about the subconscious mind is its vast complexity and potential. It's open for business and constantly working, absorbing information in the background even we're not paying attention. It is a guardian and a gate keeper, using the data stored from events to deduct likely probabilities, and prompt us accordingly. It rules the five senses, involuntary muscles, emotions and intuition, and is also responsible for communicating with the Higher Self to manifest everyday reality. Its capacity is virtually unlimited.

Often, we will drift into an "automatic" mode of reaction, based purely on subconscious instincts. The subconscious has no choice but to run as a default program unless told otherwise. The hindrance for most people that make the decision to consciously create their life in a deliberate manner is that they fail to make a full impression on the subconscious mind regarding their wish. They must untwist engrained facts that don't serve them, and replace them with ones that do to achieve desired results. As a person becomes more aware of the role of the subconscious, and they are able to get in tune with its programming, they can re-program it in a new direction guided by conscious awareness instead of social, parental, or any other type of past programming.

Have you ever wondered why it's difficult for people to change beliefs? It's because the subconscious mind can distort facts, alter perception or even let you see things that don't exist just to support what it has already established

as fact. As an example, people who think that others don't like them can actually perceive other people's facial expressions in a way that confirms their beliefs. It's very normal for a person who doesn't think that people like him to mistakenly interpret a look or a gesture in such a way that further constructs his negative beliefs about himself. The subconscious mind carries the role of seeking out ways to establish truth and correctness, and does so in an uninterrupted and automatic fashion.

In addition, objects we observe are first rendered in our brains before we fully see them. During that process, the subconscious mind can interfere to let us see things differently. For example, a person who fears snakes can think that a wooden stick is a snake even for few seconds before he realizes it's just a wooden stick. In instances where checking whether the object really exists or not isn't possible, the person might live with an incorrect perception of reality throughout life.

Most importantly, the subconscious mind is constantly communicating with the Universe based on our programmed inner emotions. It is in an "always on" mode with this formless substance; this divinity. It works day and night to make your behavior fit a pattern consistent with your emotionalized thoughts. Based on programming, combined with the Universal law of vibration that states we are like a tuning fork consistently sending signals out, people, events and circumstances are attracted to our lives without our conscious awareness. This is why tragedy often comes from nowhere for some, and conversely others seem to have a perpetual rabbit's foot in their pocket.

This connection between the subconscious and the Universe rewards us continuously with the very things we transmit out. You attract what you are, not what you want. For this reason, those who have had difficult

upbringings, or early childhood and pre-teen trauma, should be especially aware of the following processes and work diligently to reprogram their subconscious mind so they can attract those things they now choose to have in their lives.

Although these facts may make it seem as though the subconscious mind is working against us, its most basic function is rooted in survival. It will do whatever it takes to ensure our safety, even to the unintentional detriment of creating, and re-creating, negative life circumstances. It will always gravitate to what it knows, not what is best for you, because it likes known quantities. Unknowns are seen as scary to the subconscious mind, because it cannot calculate a known outcome with an unknown variable.

Because of this, many people tend to repeat thoughts and behaviors. They will stay in the same undesirable relationship, unwanted job or always go down any familiar path because it is what they know and their mind understands the end result. Directives based on early survival decisions or genetic influences take utmost priority. When someone makes a new decision while trying to overcome or replace a subconscious survival directive, the result can be self-sabotage and failure based on this.

Fortunately, we have the conscious gift of free-will and choice. However, consciously controlling the subconscious mind is not something that can be done with force or coercion. The act of consciously applying willpower sends signals of struggle to the subconscious mind, therefore creating resistance. In addition, the subconscious mind reads our emotions just as intricately as our thoughts. If these two are congruent, then the subconscious mind accepts the idea or thought as fact. This is true whether regarding something that is positive, or negative; the subconscious mind doesn't know the difference. What matters most is that thoughts, mental

images and emotions are all in alignment. This sets the subconscious mind into action to make our ideas happen.

The human mind is undoubtedly an underutilized powerhouse, and is vastly untapped. An average individual uses less than 10% of his or her mind's ability. Accordingly, you should clearly understand that you can tap the power of your mind for your personal development. Whatever we desire to attract and create must be impressed upon the subjective or subconscious mind with proper methods and consistency.

You are designed to do more than just survive. With conscious action and alignment, this mechanism also has the ability to ensure that you thrive. This portion of the mind was originated to be open to your direct influence, and ideally the two minds, conscious and subconscious, are created to work together for your benefit. Your subconscious mind has been waiting for you to take conscious charge of your life, on a consistent basis, ever since you've had the cognitive abilities to do so, which for most is between 20 and 25 years of age.

Any emotional suffering you may experience in life is generated to prompt pause and reflection, and to suggest making inner changes. It is a byproduct of not accepting that you are wired to face that pain which has the capacity to stretch you out of comfortable places that obstruct evolving. In other words, you are wired with a tendency to resist change until the pain of not changing becomes greater than changing. Your mind seeks to impart its wisdom to you, and pain is one of its messengers.

As in any healthy relationship, we each need to learn how to communicate effectively with our inner self in ways that build rapport, foster compassion, understanding, acceptance and honor, and create the sense of safety required to remain empathically connected to ourselves and life around us.