

This is the **Real Life Law of Attraction 30-day Intensive Rx** plan for overhauling your current pattern of attraction, by cleaning up your energy. It is based on the video below, from an Abraham-Hicks workshop outlining a challenge to change what you are manifesting when you are not happy with it. If your life is not the way you want it right now, it is up to YOU to do something about it, and these steps outline what you CAN do!

I was motivated to publish this plan, because I am doing a variation on Abraham's 30-day challenge myself (summary and video link below) but with a lot of additional steps to really take a good hard look at why I am attracting what I don't want rather than what I do want (and shift THAT vibration!) It will be a deep probe into self-examination, and some intensive manifestation first-aid in order to re-align my energies and find more access to the love and joy that is the attraction powerhouse for everything else.

You may find that just doing one, or some, of the steps will give you that lift you are looking for, or you may want to follow along with all of them. (If you want the kind of overhaul I am giving myself.) But, regardless, here is a step-by-step plan for HOW to get clear, and attract something BIG which has thus far been elusive.

NOTE: If you notice that one or more of these steps seems particularly useless, stupid, distasteful, repulsive, or otherwise find that you feel resistance to trying it, be sure to read the note at the end about locked-up energy.

The Real Life Law of Attraction 30-day Intensive Rx Plan

1) Do Abraham's 30-day challenge process:

- Stop beating up on yourself (and others)
- Turn off TV for 30 days (as well as radio, internet news, and social media)
- Cancel meetings with other people (to the extent you can)
- Withdraw from "reality" as much as possible
- Fire-up the passion of your imagination and explore your vortex; write about what you find with as much feeling and detail as possible
- Get a notebook and make lists of positive aspects about anything and everything from your environment to your relationships
- Tune yourself in small efforts to the vibration of who you really are
- As inspiration occurs, follow-through with it as soon as possible
- Document any evidence you can find of your desire becoming more vivid and getting closer, such as seeing other people who already have what you want, hearing about in conversations, dreams, and pieces of the bigger picture starting to manifest.

Here is the link to the Abraham video that the 30-day process is based on: <http://video.loa2joy.com>

In addition to what is called for in the 30-day challenge, I am also doing these additional steps:

2) Decide. The first step of any journey is to decide, clearly what is wanted.

"Make a decision of what you want, give your attention there, find the feeling place of it - and you're there instantly. There is no reason for you to suffer or struggle your way to or through anything." --- Abraham

3) Prioritize. Take a good, hard, honest look at how important the dream/desire is to you, by evaluating what you would/wouldn't "give up" for it. The Law of Attraction never requires you to give anything up, but in thinking about it that way you can get a better sense of what is really important for you (and put it in the proper perspective for your life, schedule, habits, etc.)

For instance, would you give up living and breathing to have your desire materialize? No, because then you wouldn't be here to enjoy it. Would you give up your health? Probably not. Would you give up your spouse, partner, home, friends, pets, car, clothes, daily routine, or???? Again, you would never have to "trade" something to manifest something else, but you CAN start to increase your appreciation for the things that you already have which are higher priorities anyway.

4) Make a list of ALL challenges and impediments in your way. Whether they are physical, practical, chronological, mental, emotional, or habitual... Write down anything and everything that could be standing in your way, is clouding your vision, or is kicking around somewhere in the back of your mind that might need to be overcome.

5) Become solution oriented. For each item on the above list, brainstorm a possible solution, a way around it, a change of practice, or a new way to think about it.

6) Resentment Inventory. Make a list of ALL resentments, grudges, ill will, unforgiveness, and bad blood you are holding onto in your life. It's normal to have those feelings, but it is not healthy for you to suppress and keep them inside. They're powerful feelings, so it's better to come clean with yourself and excavate your anger.

- Who are the people who piss you off every time you think of them?
- What are the situations and events of your past that you cannot forgive?
- Who do you hate, even a little bit?
- Where do you still carry some hurt feelings and upset around the actions of others or events from your past?

Resentments are toxic to your well-being, but we all have them. The key is to identify them, and then...

7) Release, Re-frame, and Re-align. Release yourself/your attitude with regard to resentment and judgments. Some ways that I know of to do that are:

- The Work of Byron Katie (www.theWork.com)
- Talk yourself out of them; knowing that most people really are doing the best they know how to do.
- Ask yourself: "In the big picture, how could this actually be SERVING me, or be working out precisely to benefit me and my own highest good?" ...It's amazing the wisdom your own heart is holding!
- The Lefkoe Method
- Psych-K
- The Sedona Method (www.Sedona.com)
- EFT (www.EmoFree.com)

8) Give your attention ONLY to what you want MORE of. This is one of the MOST important steps, if you can get really good at doing it! Make an intention to only focus on, think about, read about, watch or participate in something if you want MORE of it in your life/awareness.

- Overhear an annoying story on your way in to work?
→ Forget it, and start thinking about something that you DO want MORE of!
- See a negative article, or notice a friend post something that is a lie on Facebook?
→ Ignore it. Look for an uplifting or happy post to focus on instead.
- Catch yourself worrying about the bills or fretting over money?
→ Stop it, and take action on a new idea you have to make MORE of it instead!
- Thinking an unkind thought about someone else?
→ Shift it, and turn your attention to anything you CAN appreciate and what you DO want MORE of!

Do this as best you can, of course. When you are in a situation that you cannot control, you still choose what you focus your attention on/how you think about it, and shift your thinking to what you want to notice more of!

9) De-clutter your life. Nearly last, but not at all least in terms of the power you can unleash in your life, energy and attitude, is purging and de-cluttering. Really. Possibly the most surprisingly effective of the steps you can do right away to change the tone of your energy -- both what you are broadcasting, as well as what you are receiving -- is to de-clutter.

- De-clutter your environment
- De-clutter your emotional energy
- De-clutter your time, calendar, and obligations
- De-clutter your life of excess drama

De-clutter. Clean your closets, clean your desk, clean your cupboards, clean up old messes, clean out your schedule fix what is broken, and change it if you don't absolutely love it! Use what you have learned in the previous steps, and your new sense of perspective and priorities to release ANYTHING that is not serving you, or helping you to be in alignment with what you want. If it is causing you added stress or frustration – clean it up, get it out, change it, fix it, release it, and make ROOM for NEW things (energetic, physical, and experiential.)

The reason the de-cluttering step is so important, is that when your environment (or your life) is full of things that are NOT the way you want them, it chips away at your belief that you CAN have what you want. When you marinate in an environment that whispers, "I'm broken, I'm messy, or I'm incomplete" into your psyche every day, it is disempowering to your sense of autonomy and your ability to alter your circumstances. When you start to physically change things to be the way you want them to be, you energize and invigorate your entire being.

10) Appreciation and Gratitude. Set your vibrational tone. Remember point 8 above? To focus on only what you want MORE of? Start with appreciation and gratitude -- the more you focus on what you DO like, what you DO appreciate, what you DO love, the more those types of things will grow and expand. The only job you really have is to focus. You can do it. Look for things to compliment. Look for reasons to feel good. Look for things to appreciate... That is what you will be letting into your experience.

YOU DO NOT NEED TO DO ALL OF THESE THINGS AT ONE TIME! (If you try to do them all, you might not do any of them.) Start with number 1, the basis of the plan, and then pick out a few of the others that really appeal to you, OR that scare you. If the thought of doing one of these steps scares you a little bit, it is very likely that there is a lot of power locked inside of that activity for you -- that is one that you should definitely experiment with!

Recognizing locked-up energy: If the idea of doing one of the steps (turning off the TV for two weeks or a month, or taking a vacation from social media, or releasing your resentments) feels like something you could never, or would never, want to do, there is a tremendous force within your ego that has you convinced that it will cause you great harm to do (or go without) that thing. But, intellectually, you also know that isn't true, that no actual harm would come to you by doing without Facebook for a week, or a month. So, the energy that it takes to continue the lie within yourself, and keep yourself locked into the habit, is ALSO keeping all your other vibrations (and manifestations) out of true alignment. ...It's a little bit like being under the power of a drug, except the "drug" is having a habit that mindlessly controls your activity. (And it's even worse if the activity contributes to negative attention, thoughts, worry, upsets, and emotions.)