



Law of Attraction Practitioner®
A different kind of course!

Manifesting without blockades

**Eliminate your mental blockades and
manifest successfully!**

By Dirk Roman

<http://www.gesetzderanziehung-practitioner.com/>

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by Dirk Roman,

Clinical Hypnotherapist (Master, AAH)

NLP Master (AUNLP), Master Life Coach (AUNLP)

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Preface

The Law of Attraction Practitioner[®] course will introduce you to the basic areas of the Law of Attraction: the history, the most important points in the manifestation of your desires, the role of your emotions, and the elimination of blockades. It will also answer questions such as: What is quantum consciousness? What is the underlying theory? How are we even connected with the Universe? Is the Law of Attraction just the idea of questionable, self-proclaimed experts, or are there hard scientific facts that support it?

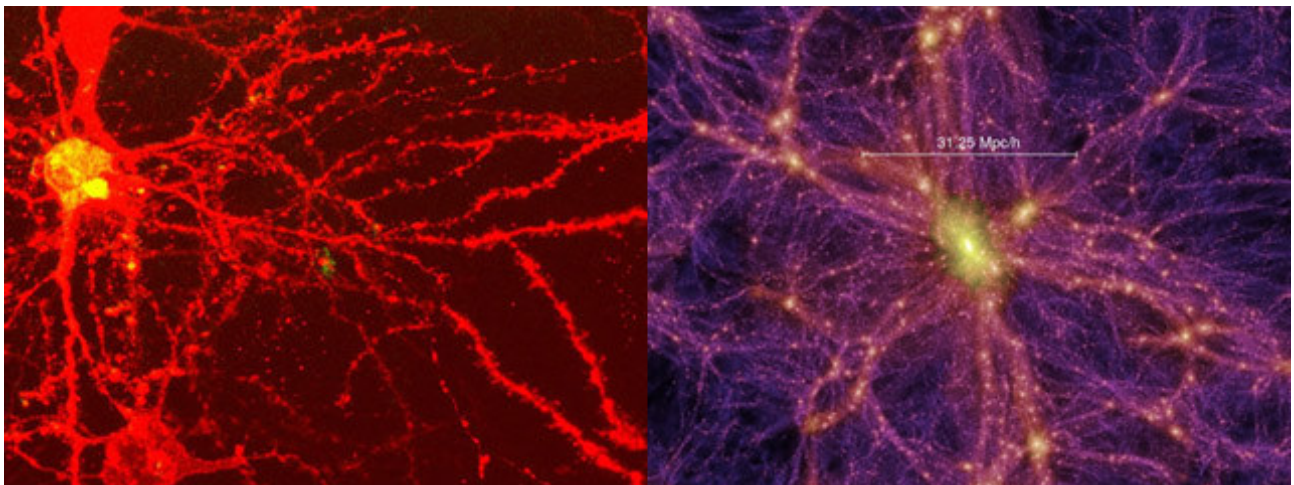


Figure: Neuronal network of a mouse brain (left) and matter distribution in a region of the Universe with a diameter of two billion light-years (right) (Mark Miller, Brandels University, <http://www.visualcomplexity.com/vc/>)

You will also learn more about current perceptions of how the human brain functions at the psychological and information-processing level. How can we purify our consciousness and subconsciousness and successfully utilize them for manifestation? We will also dive deep into the psychological aspects of the Law of Attraction.

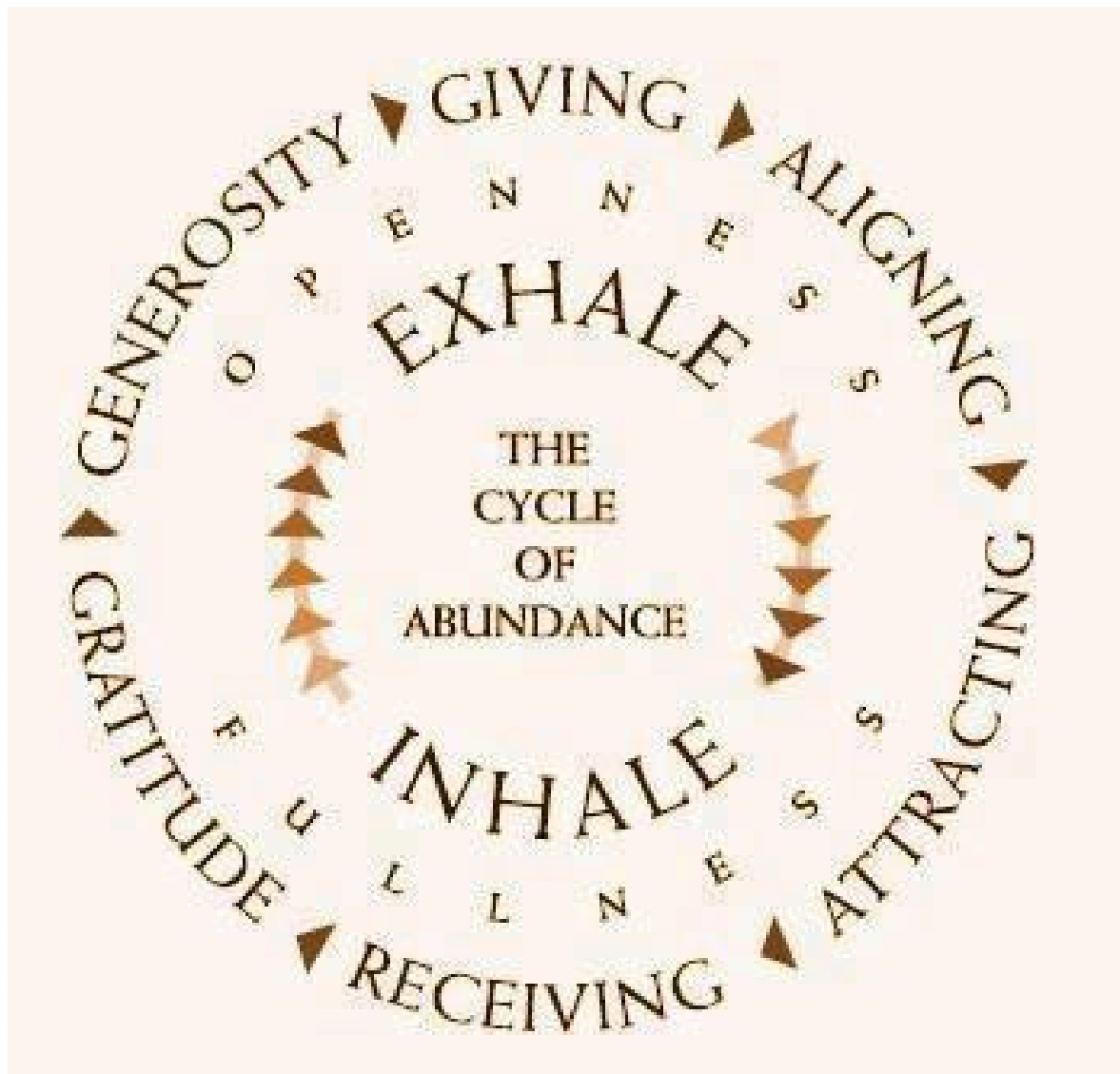
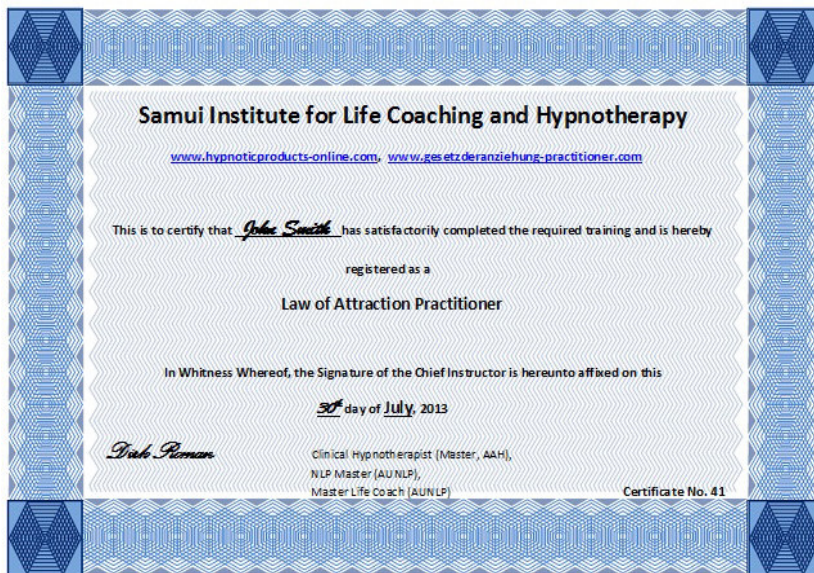


Figure: The Cycle of abundance by Pamela Leavey

You will also learn about the views of a hypnotherapist, an NLP Master Practitioner, and a Master Life Coach with respect to the Law of Attraction as well as problems experienced during manifestation and how these can be resolved in order to fulfill your desires. If you would like to become certified as Law of Attraction Practitioner[®], please visit the following website:

<http://www.gesetzderanziehung-practitioner.com/>

After passing the exam, you will become a certified Law of Attraction Practitioner[©]:



Additional products (hypnosis, NLP, coaching) can be found at

<http://www.hypnoticproducts-online.com/>

Thank you, and may you succeed in manifestation!

Dirk Roman

Clinical Hypnotherapist (Master, AAH)

NLP Master (AUNLP)

Master Life Coach (AUNLP)

About the author

Dirk Roman earned a degree in aviation and aerospace engineering, and later made his way into journalism.

After several years as an editor, editor in chief, and publishing director, he felt that he could achieve more and ventured out into the world. After a year of backpacking in Asia, he first settled in Malaysia where he studied intensively with a Chinese Tai Chi master and set up his long-standing practice. He has established himself as a freelance journalist and has been practicing Tai Chi and Qi Gong for 15 years. Five years ago, he began his training in hypnosis, NLP, and life coaching under Steve G. Jones and Chris Mulzer. He currently lives in Koh Samui in Thailand. In addition to journalism and managing his own hypnosis/NLP practice, he gives classes in Tai Chi and Qi Gong. <http://www.taichi-thailand.com/>;

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<http://www.facebook.com/pages/Hypnose-Selbsthypnose-Aufnahmen/181151141970463>

Prefix

Be someone who listens, and you will be heard...

Be someone who cares, and you will be loved...

Be someone who gives, and you will be blessed...

Be someone who comforts, and you shall know peace...

Be someone who genuinely seeks to understand, and you will be wise...

Be someone who is kind, be someone who is considerate, and you will be admired...

Be someone who values truth, and you will be respected...

Be someone who takes action, and you will move life forward...

Be someone who lifts others higher, and your life will be rich...

Be someone who is filled with gratitude, and there will be no end for which you'll be thankful...

Be someone who lives with joy, with purpose...

Be someone who shines brightly...

Be, in every moment, that special someone, you were truly meant to be...

Ralph Marston

*“Crave for a thing, you will get it. Renounce the craving,
the object will follow you by itself.”*

Swami Sivananda, Yogi

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Short History

Since the film and the book *The Secret* (2006) by Rhonda Byrne and the film *The Moses Code* (2008) by James Twyman, the Law of Attraction has shifted further into human awareness. Rhonda Byrne was inspired by *The Science of Getting Rich* (1900) by Wallace D. Wattles and *The Master Key System* (1912) by Charles F. Haanel. The conscious application of the Law of Attraction probably dates back to biblical and pre-biblical times as shown in the following quotations:

“All that we are is the result of what we have thought. The mind is everything. What we think we become.”

Buddha

“What I feared has come upon me”

Job 3:25

The Law of Attraction from a hypnotherapist standpoint

In hypnotherapy and other disciplines of psychology, it is assumed that the mind consists of two components: the conscious and the subconscious.

While logical and analytical thinking as well as a filter function is attributed to the conscious, associative thinking, memory, and the senses (i.e., bodily connections) are, among other things, attributed to the subconscious.

Qualities of the subconscious include:

- The control and regulation of involuntary body functions including breathing, circulation, metabolism, digestion, and hormone balance.

Memory: although is almost inconceivable, nothing is ever erased from the subconscious. What can change, however, is the evaluation (contents and context, see “Re-framing” in Overcoming limiting belief systems) as well as the inner representation of an experience and its emotional charge. All of this determines the importance of this information. Through hypnosis and visualization, strongly emotionalized memories (i.e., trauma and fear) can be resolved. It is presently assumed that this information is stored at the cellular level. The scientific philosopher, Ervin László, suggests that consciousness also exists outside the body and that experiences are saved in an information field, which he calls the ‘Akashic Field’, referring to the Akashic Records of the yogis. His theory: “Our bodies are not only biological systems, they are also quantum systems. He believes that the human mind works with quantum entanglement-quanta that are connected across time and space, which communicate with each other via resonance phenomena.”

<http://www.huffingtonpost.com/ervin-laszlo/why-your-brain-is-a-quant b 489998.html>

http://www.huffingtonpost.com/ervin-laszlo/the-quantum-brain-spiritu_b_510843.html

- Residence of emotions: emotions are responsible for the strength of our wishes, desires, and fears. Many behavioral problems stem from a strongly emotional background. Hypnotherapy, NLP, EFP (see glossary), and other methods are highly effective in changing behaviors and habits.
- Residence of imagination: Creative visualization in trance or hypnosis helps us to achieve our goals and increase motivation as well as change behavior, habits and resolve conflicts. The subconscious generates and emits energy that is normally not consciously directed, but rather is influenced by environmental conditions and chance. Through the visualization of positive goals, events and behaviors can be manifested in the real world.
- Through the use of direct and indirect suggestions in hypnosis, we can create positive habits that help us achieve our goals and break bad habits. Hypnosis is one of the most effective techniques for directly influencing the subconscious mind. Through relaxation and light trance, suggestibility increases 200-fold. This slight hypnotic state (alpha) is comparable to relaxing in front of the TV or reading a good book. It is a natural state, into which we sink many times each day. Normal waking consciousness is called the beta state. By consciously programming our unconscious (see also page 29

‘Consciously feeding the unconscious’), whether it be through techniques such as hypnosis, affirmations, creative visualization, and NLP (see glossary), we can, so to speak, materialize our wishes from the subconscious. There are, however, some requirements that must be met: We have to believe in our desires, goals, and dreams (see also page 37 ‘Logical levels of Neuro-linguistic Programming (NLP)’ and cannot allow them to be blocked by our conscious analytical mind. In addition, we need to clear our unconscious and remove blockades and conflicts (conflicts of values, negative experiences that prevent positive supportive beliefs, and lack of self-esteem) so that integrity between all logical levels prevails.

In the Appendix, you find the hypnosis script ‘Manifest successfully’. You can purchase and download the hypnosis mp3 from my website:

www.hypnoticproducts-online.com

Read more about this at:

<http://www.hypnoticproducts-online.com/news/blog1.php>

Is our subconscious connected with the Universe?

Can the Universe actually read our thoughts and respond to them?

"Everything in the Universe is connected to everything else."

Albert Einstein

According to Ervin László, there has been a paradigmatic shift in philosophy and science. Today, the essence of the Universe is no longer postulated to be space and matter but rather energy and information. “Energy exists in the form of wave-patterns and wave-propagations in the quantum vacuum that fills space; in its various forms, energy is the 'hardware' of the Universe. The 'software' is information.” The energy is ‘in-formed’ by the quantum vacuum or zero-point field. “This is the 'in-formation' that structures the physical world, the information we grasp as the laws of nature.” László goes on to say that complex systems would never have emerged in the Universe if there had never been structured information. This also includes those who pose questions about the Universe and its existence. “The world to which our quantum brain connects us is fundamentally one, whether its oneness is due to an information field within the natural world or the work of a divine transcendent intelligence. To enter into communion with this oneness has been the quest of all the great teachers and spiritual masters.” The American physician and spiritual teacher Deepak Chopra describes this experience as follows: “Spirituality is the experience of that domain of awareness where we experience our universality. This domain of awareness is a core consciousness that is beyond our mind, intellect, and ego. In religious traditions this core consciousness is referred to as the soul which is part of a collective soul or collective consciousness, which in turn is part of a more universal domain of consciousness referred to in religions as God.” (Editor's note: compare Jivatma and Paramatma in Hinduism).

Dr. Jill Bolte Taylor, an American psychiatrist and neuroscientist, experienced firsthand the different levels of consciousness of the human existence. In a talk at the TED Conference (Technology Entertainment Design Conference) entitled 'My Stroke of Insight', she describes the effects of cerebral infarction she had on the morning of December 10th, 1996. Within four hours, she could not walk, talk, or remember anything about her life because of a ruptured artery in her left hemisphere.

On this day, the brain researcher gradually began to lose the function of this hemisphere. "So I got up and I jumped onto my cardio glider, which is a full-body exercise machine. And I'm jamming away on this thing, and I'm realizing that my hands looked like primitive claws grasping onto the bar [...] I realize that everything inside of my body has slowed way down. And every step is very rigid and very deliberate [...] And I lost my balance and I'm propped up against the wall. And I look down at my arm and I realize that I can no longer define the boundaries of my body. I can't define where I begin and where I end [...] And all I could detect was this energy [...] And in that moment, my brain chatter, my left hemisphere brain chatter went totally silent [...] And at first I was shocked to find myself inside of a silent mind. But then I was immediately captivated by the magnificence of energy around me. And because I could no longer identify the boundaries of my body, I felt enormous and expansive. I felt at one with all the energy that was, and it was beautiful there [...] Imagine what it would be like to be totally disconnected from your brain chatter that connects you to the external world [...] Imagine what it would be like to be totally disconnected from your brain chatter that connects you to the external world [...] And

imagine what it would feel like to lose 37 years of emotional baggage! I felt euphoria.”

Bolte-Taylor describes the human brain as consisting of two hemispheres. The right brain processes information in parallel and the left brain processes information in series.

The two halves are connected and communicate with each other through the corpus callosum, which consists of 250 million nerve fibers. “Because they process information differently, each hemisphere thinks about different things” she says. “Our right hemisphere is all about this present moment. It’s all about right here right now. Our right hemisphere, it thinks in pictures and it learns kinesthetically through the movement of our bodies [...] I am an energy being connected to the energy all around me through the consciousness of my right hemisphere. We are energy beings connected to one another through the consciousness of our right hemispheres [...] And in this moment we are perfect. We are whole. And we are beautiful.” The neuroscientist continues: “Our left hemisphere thinks linearly and methodically. Our left hemisphere is all about the past, and it’s all about the future [...] And start picking details and more details and more details about those details. It then categorizes and organizes all that information. Associates it with everything in the past we’ve ever learned and projects into the future all of our possibilities. And our left hemisphere thinks in language. It’s that ongoing brain chatter that connects me and my internal world to my external world [...] And as soon as my left hemisphere says to me ‘I am,’ I become separate. I become a single solid individual separate from the energy flow around me and separate from you.” You can view the talk at:

[http://www.ted.com/talks/jill bolte taylor s powerful stroke of insight.html](http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html)

In his book *Mystische Phänomene der Menschheit: Die Beziehung zwischen dem Universum und den Menschen* (*Mystical phenomena of humans: the relationship between the Universe and humans*), the Tai Chi Master and Doctor of Traditional Chinese Medicine (University of Shaanxi), Yanlinxiang Yanglinxiang, writes: “We realize that everyone has gods within. These gods are our subconscious. The subconscious mind is connected with the subconscious mind of the Universe. The human subconscious has the ability to prophesize.”

According to Yanglinxiang, we gain access to the subconscious of the Universe in a state of 'peace and trust'. He calls this the Qi Gong state. (Editor's note: Trance)

Hypnotherapists have often proven that any experience may be retrieved from the subconscious (Editor's note: The FBI uses hypnosis to help fight crime). In a hypnotic trance, clients can remember some aspects of a former life. In a trance or ecstatic state, Shamans in various regions of the world are able to get help from the spirit world beyond e.g., to heal the sick. All of these examples suggest that there is a connection between us and the Universe and/or all of the information that is contained within it. There is a connection between our right brain and our subconscious/cosmic intelligence, but we are usually unaware of this. When we calm our spirit and our analytical mind (left brain function), we can become more strongly aware of the connection with the Universe. We not only receive information; we can also send it.

The Universal Database: The Akashic Records

In order for information from the cosmic field of consciousness to be able to enter human consciousness, the following conditions are necessary: a state of extreme relaxation, an open mind, a bypass of the analytical mind through trance, and trust in the Universe (field of consciousness, God, etc.) with a simultaneous indiscriminating capacity for inspiring information. Complete relaxation, tranquility of the mind, and trust in the Universe (God, life, process, etc.) can only be attained if conflicts, blockades, and fears are resolved.

When our minds are relaxed and wide open, we receive information from this field of consciousness or the Akashic Records; this is mainly about inspirations from their own subconscious—through intuition. Wikipedia defines intuition as follows:

<http://en.wikipedia.org/wiki/Intuition>

In addition, new research suggests that using intuition—not least in complex situations—the decisions made are sometimes better than those made with a conscious mind. The theory behind this: the unconscious is capable of considering far more information than the conscious, which, despite being more precise, can only cope with a small amount of information (see also page 75 ‘Think in opportunities and act with inspiration’).

Intuition is also more of a right-brained skill and can be trained and improved by calming our analytical mind (left brain). This also means that we must rid ourselves of conflicts and blockades that stimulate our analytical mind and create emotional confusion. “The surface of the water must be smooth (mind) to see the bottom of the lake (the subconscious).” For millennia, this has been the way of Eastern teaching such as Zen, Taoism (Qi Gong, Tai Chi) and Hinduism (Yoga), and it can be achieved through various meditative practices. The process can also be substantially sped up by using more modern methods such as hypnosis, psychotherapy, and coaching.

Communication at the subatomic level

Albert Einstein once spoke of the so-called ‘spooky action at a distance’ in light quanta. The particles of light can interact with each other over gigantic distances—even light years. To this day, it remains a mystery how information from one particle reaches the other. According to the *Berlin Tagesspiegel* from February 11th, 2010, a European research team has been able to spatially separate entangled electrons in a solid for the first time. (Volume 104, Article 026801). This represents a further step towards quantum computing and secure data connections. Despite the spatial separation, the physical connection of both particles survived—an effect that researchers describe as a quantum mechanical entanglement and that, until now, could only be observed in photons and not in the building blocks of matter (electrons). The scientists used a superconductor—a material in which electric charges can move without resistance. In this superconductor, electrons combine in pairs because of quantum mechanical mechanisms

and are entangled via their angular momentum (spin). That means that if we measure the angular momentum of one electron, the other electron has the opposite angular momentum at that instant. With a sophisticated experimental setup, the researchers could separate these so-called Cooper pairs and direct them in different directions. Despite a distance of about one thousandth of a millimeter, these particles remained quantumly entangled. In November 2010, A research team led by Rupert Ursin and Anton Zeilinger of the University of Vienna and the Institute for Quantum Optics and Quantum Information of the Austrian Academy of Sciences separated entangled photons 144 km from each other (between La Palma and Tenerife) and could even measure the speed at which the spooky action from a distance was propagated. According to an article in *Welt Online* from January 11th, 2010 (Mysterious effect produced for the first time in electrons, <http://www.welt.de/debatte/kolumnen/Fuenf-Minuten-Physik/article5808981/Mysterioeser-Effekt-erstmals-bei-Elektronen-erzeugt.html> , please use google translator), they arrived at a number many times the speed of light—even though Einstein's relativity theory postulated the speed of light to be the absolute limit.

As already mentioned, László believes that “with its quantum-system functions, our brain can receive information not only from our eyes and ears, but directly from the wider world with which we are ‘entangled’—nonlocally connected.” He explains further in ***Quantum Consciousness: Our Evolution, Our Salvation*** :

“Here I call ‘quantum consciousness’ the consciousness we access when we use the potentials of our quantum-computer brain. Our brain is a macroscopic quantum system, yet we use it as if it were exclusively a

classical biochemical system. With its quantum-system functions, our brain can receive information not only from our eyes and ears, but directly from the wider world with which we are ‘entangled’—nonlocally connected. Insightful people throughout history, whether shamans or scientists, poets or prophets, have extensively used this capacity, innate to all human beings. Today it is widely neglected. This impoverishes our world picture and causes a nagging sense that we are separate from the world around us.

I believe that quantum consciousness could be the next stage in the evolution of our consciousness—and that this evolution could be our salvation.”

He continues: “because QC is a consciousness of directly intuited, felt connection to the world. It inspires empathy with people and with nature; it brings an experience of oneness and belonging. Quantum consciousness makes us realize that, being one with others and with nature, what we do to them we do to ourselves. Not only will QC make us behave more responsibly toward other people and the planet, it will also encourage us to join together to cope with the problems we face [...] With dedicated and purposeful cooperation we can meet the challenges of human survival: we can have seven billion or more people living peacefully and sustainably on the planet.”

Experiments by Benjamin Libet

The difference between conscious and unconscious brain activity

Libet's experiments showed that the duration of brain activity is an important distinction between conscious and unconscious experiences. In these experiments, the subjects were given stimuli to the ascending sensory pathway in the thalamus (see glossary). The subjects saw two lamps that alternately illuminated for one second each. They were then supposed to say which of the two lamps was lit when the stimulus was administered. If the stimulus lasted less than half a second, they were not consciously aware of it. Even if they did not consciously perceive a stimulus, the subjects were asked to guess which lamp was illuminated while the stimulus was administered. Even if the stimulus was not consciously perceived, they guessed right a rate much higher than chance probability (50 percent). If the stimulus lasted between 150 and 260 milliseconds, the subjects guessed correctly in 75 percent of the cases. The stimulus had to last for at least 500 milliseconds for the subject to consciously perceive it.

According to Libet's time-on-theory, all conscious thoughts, feelings, and action plans begin unconsciously. The timing of the experience, however, is backdated by the brain, making it appear as though the event is experienced at the same time. Action plans are also unconsciously initiated 350 milliseconds before the awareness of the intended action.

This means that all fast actions (e.g., talking, playing tennis, etc.) are performed unconsciously.

Conclusion:

We are only really responsible for a small fraction of our decisions because only stimuli (nerve impulses) lasting more than 350 milliseconds enter our consciousness, thereby allowing us to make a conscious decision. Shorter stimuli do not reach consciousness. Responses (decisions) are made in the unconscious. From this basis arose the discussion of how free our will actually is.

“Afterwards, it seems to put it paradoxically, as though the action were a thing of the past when the conscious intention is formed. If so, the intended action can not be the causal basis of the action. Rather, the decision is achieved by another process, which Libet called the subconscious.”

(Wolfgang Prinz, Director of the Max Planck Institute for Psychological Research in Munich, 1996)

Libet believed that the mind has veto power. In one experiment, he showed that a subject could stop an impulse to act within 100 milliseconds of executing the action. Critics do not accept this ‘proof’ because the person knew from the beginning that they would stop the impulse to act.

Regardless of the existence of veto power, the fact remains that many decisions are made in the unconscious. Many decisions and desires are not rationally justifiable and can not even be understood by the mind. Instead of focusing on the ‘why’, we can responsibly use our conscious to directly influence our subconscious mind through hypnosis, NLP, and other methods and resolve mental blockades as well as physical symptoms.

We are all transmitters

Even if we are only partially aware of it, we are constantly talking to ourselves. We hypnotize ourselves, so to speak, by the constant repetition of beliefs such as “I can't do it”, “I will never succeed”, and “I'm unattractive.” These suggestions work deep in the subconscious and trigger certain reactive feelings and emotions. These emotions are conveyed to the outside world via our posture, facial expressions, and gestures. Other people can even unconsciously read this body language. When we are in the vicinity of such people, we feel comfortable, uncomfortable, or perhaps even irritated. Our perception is calibrated so that we can normally discern a discrepancy between what a person says and what he exudes (body language, facial expressions). We then sense an incongruity (mismatch). Basically, we are all equipped with a lie detector. It is, of course, possible to train our own perception and increase the sensitivity of this detector. But this is just an aside; the key point is that we can think of ourselves as a ‘walking antenna’. We are senders and receivers in one!

Consciously feeding the unconscious

So, if we permanently program ourselves (consciously or unconsciously) with negative self-talk and suggestions, we can conclude two things. First, we are always in a state of hypnosis because our consciousness is limited and focused by the constant self-suggestion. Second, we can use this in a positive way. The main requirement is, of course, to become aware of our negative self-talk, beliefs, suggestions, and programming and to acknowledge them. We can then feed our subconscious with positive

suggestions, beliefs, images, feelings, and experiences. Here, the law of attraction comes into play! In order to be able to attract things or situations that we want, we must display a certain attitude, put ourselves in an appropriate state of mind, and radiate the intention to manifest our desires. Imagine, for example, that you want a soul mate, but you do not really believe that you can find one. You consequently radiate frustration. Do you really believe you can manifest your desired partner in this way? The probability is quite high that he or she is repelled by you and that, despite there being potential for one, a closer encounter will not take place. It is therefore important that we rid our minds of negativity.

It's all a mind game—the right attitude is essential!

This course shows how you can manifest your desires more quickly and easily. There are many pitfalls in manifestation, and these are primarily generated in the mind. In many cases, you literally have to go through a mental deep cleansing in order to get from A (your desire) to B (the manifestation of your desire). You may subconsciously store beliefs, values, and memories that block the manifestation of your desire. Do you remember the incongruity example? It could be that you are radiating something that is inconsistent with what you want. Consider again the desire for a soul mate. You want a soul mate, but you have internally developed a low self-esteem of yourself. You could then, for example, be radiating a low self-confidence or a certain solitariness, which might even be interpreted as arrogance. You can already see where this is going!

Therefore, you should ask yourself several questions:

What intention or desire do I have?

Do I also radiate the willingness to manifest this?

Do I believe in the fulfillment of my desire?

Do I feel energized in my thoughts to fulfill my desires?

Am I attractive enough (for this person, partner, etc.)? Because many wishes and desires include another person e.g., business partners and job interviews, are there discrepancies (incongruities) between my thoughts and actions and how I radiate them?

Do I have inner fears?

Are there inner blockades that hinder me from manifesting what I desire?

Do I have enough self-worth and self-esteem?

Why have I not yet manifested my desire?

How do I trip myself up?

Am I really open to allow and accept my desires into my life?

Are my actions going in the right direction?

Am I really being honest with myself?

About desires and goals

In the psychology of motivation (Weiner, B.; 1994; Motivational Psychology), the following distinction between desire and goal is made: