

Jim Richard

THE LAW OF ATTRACTION

Practical notebook



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Translated from French, Richard J., *La loi de l'attraction, cahier pratique*

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2) The purpose of this notebook

The discovery of the Law of Attraction has profoundly changed my life. Not only does it allow me to move towards the life I want to live, but it has also taught me to take advantage of everything that the present moment brings.

This fundamental law has been discovered, observed and experienced since the dawn of time by many people in different fields and has given rise to many inspiring writings. Many theories exist as to its origin. Some specialists believe that the first evidence of this law can be found in the esoteric teachings of late antiquity, mainly those of Hermes Trismegistus in the 3rd century BC.

Whether this claim is true or not, it was the New Age movement in the United States in the late 19th century that brought this concept to life and gave it to us in the form we know it today. During the 20th century, personal development and spiritual personalities taught and developed it. But it was mainly thanks to Rhonda Byrne and her documentary "The Secret" that in 2008 it was able to reach a worldwide audience. Since then, the concept of the Law of Attraction has spread across the globe and has finally taken root in the minds of personal development and wellness.

In addition to briefly outlining a theory, this booklet proposes to get acquainted with this famous law through a practical application: simple exercises to be carried out daily in order to attract what you desire in your life.

I wish you an enriching discovery.

Jim Richard

3) How to use this notebook

Using the Law of Attraction deliberately to attract what you desire into your life requires constant, daily practice, especially in the beginning. The key is to understand that spirit is not separate from matter. Rather, matter is shaped by our own vibration.

For this reason, the exercises proposed are essentially centred on the management of thought and listening to feelings.

You are invited to take a moment each day to address the different themes and to take the time to answer the questions seriously. These are intended to take stock of your current state of mind and, in this way, see what you can achieve on your own.

Also take time to do the exercises that appeal to your feelings for about fifteen minutes each day, in the morning when you wake up or in the evening before you go to bed. Suggestion methods are more easily introduced into the unconscious when the mind is not fully awake.

Similarly, this booklet has been designed with the idea that you can add your own annotations, both in the spaces provided and in the paragraphs. It is not a book of knowledge, but your working tool, with which you can experiment, to bring out your own thoughts. It is these thoughts that will develop the knowledge that these pages should contain.

Do not hesitate to come back to your notebook and answer the questions again after a while. I recommend a month's interval. Chances are that your answers will have changed a lot. Do this as often as you like. This constant repetition allows you to become aware of the changes and to better assimilate the exercises.

4) The law of Attraction in a few words

*"What is below is like what is above; and what is above is like what is below.
Tabula smaragdina*

Imagine that you are a magnet that attracts everything that vibrates like it. This image describes how the law of attraction works. Each of us emits a particular vibration that we can transform. We attract to us what we set our intention on. This intention is made up of thoughts that we repeat to ourselves frequently.

The thought gives form to the vibration. This means that thought is the creator of everything.

Example: we have all experienced the friend who calls us while we are thinking about him.

It has been shown that 90% of our thoughts are emitted by our unconscious mind. It is the unconscious that emits the majority of our thoughts and therefore the quality of our vibration. It is what sets us in motion in a precise direction.

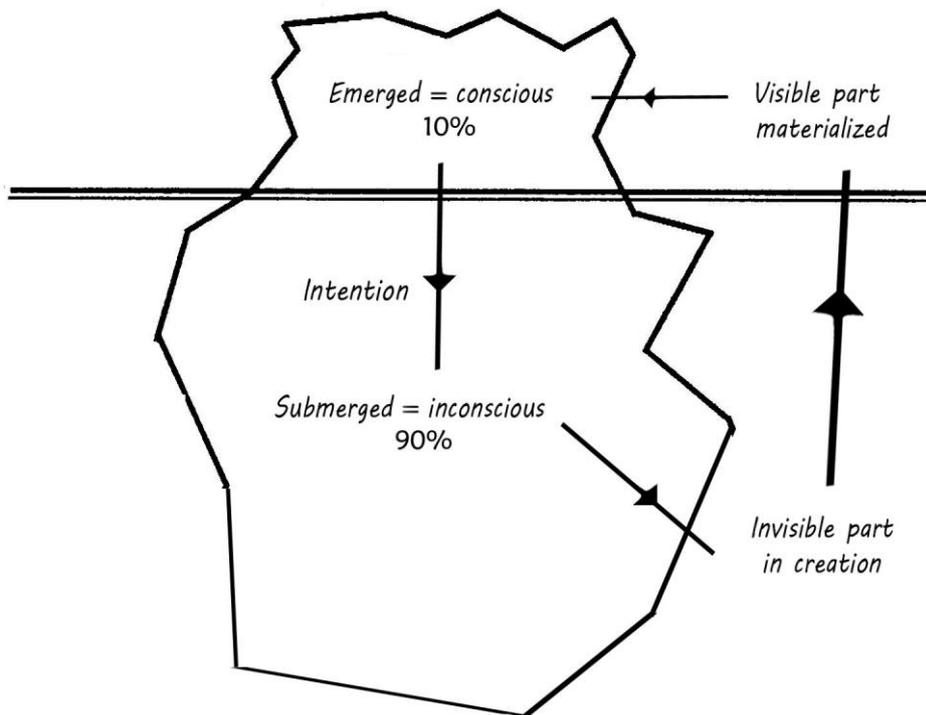
Our conscious mind allows us to step back from the path taken by our unconscious mind. We can then analyse the vibration emitted by our unconscious and choose to change it if it does not suit us.

This distance is necessary to direct our thoughts in the direction we want.

We know in which direction to direct them according to our emotions. They serve as a kind of compass or GPS. Negative emotions tell us when we are going in the wrong direction and positive emotions tell us when we are going in the right direction.

We are constantly vibrating and creating. However, when we are asleep, our 'attraction power' goes into sleep mode.

The cycle of creative thinking can then be diagrammed as follows:



A. How to use the law of Attraction

The law of attraction shows us that we attract what we focus on. If we think about what we don't like, we attract more unpleasant things. If we think about what we like, we attract more pleasant things.

It is important to know what you want in order to have the right thoughts.

Take some time to answer the question: what do you want in your life?

Feel free to be specific if you wish. Feel free to write down what you really want, even your wildest dreams. Have fun specifying and detailing them so that they take shape in your imagination.

B. Knowing what you want and what you do not want

"Every misfortune carries within it the seed of great happiness.

Napoleon Hill

Knowing what you don't want is just as interesting: it allows you to redirect your intention to where you want to go. The trick is not to stay focused on what you don't want to attract. Just be aware of it.

The easiest way to relocate from what you don't want is to turn a negative phrase into its opposite.

Examples:

- I don't want to fail my maths exam => I want to pass my maths exam.
- I'm afraid of running out of money => I want to have plenty of money.

Exercise

Think of something you don't want and turn that thought into its opposite.

But while having a desire is great for reorienting the mind, it may not be enough. The difference lies in the resolution embedded in the thought. In his book on the Power of Intention, Wayne Dyer explains that a thought has more force when it takes the form of a decision.

Examples:

- - I don't want to fail my math exam => I want to pass my math exam => I intend to pass my math exam.
- - I am afraid of running out of money => I want to have plenty of money => I intend to have plenty of money.

Exercise

Take the desire you wrote above and turn the sentence into a resolution.

Observe the feelings according to the redirection of your thoughts. Take a moment and notice any changes in your body, feelings, emotions... and the difference between making a desire and making a decision.

Do this exercise as many times as you like. It will become ingrained and a habit.

5) Techniques

" Everything we are is the result of what we have thought. "
Buddha

There are two techniques that directly insinuate a thought into your subconscious.

A. Repetition

This technique is mainly proposed by businessmen. It allows you to implant a specific desire in your subconscious.

- 1) Set yourself an objective. Write it down as if you had already achieved it.
- 2) Associate a feeling with this goal.
- 3) Write it down on a piece of paper.
- 4) Read the goal out loud for five minutes while feeling as if you have already achieved it (this last point being the most important). Do this when you get up and before you go to sleep.

Examples:

"I am so happy to own a Mercedes S-Class Sedan in September 2022."

"I thank God for my health."

« Je ressens une grande joie en recevant des superbes résultats pour mon examen de maths. »

Goal

Emotion

_____	_____
_____	_____
_____	_____

Rewriting the sentence

Remember the emotion you associate with the goal: it helps you understand why you want to achieve the goal. We will discuss this in Chapter 7 of the booklet.

B. Visualization

This technique is the most widely used.

Take time to imagine what you want to see happen in your life. This can be small things in everyday life or larger wishes. We advise you to start with simple things, such as a cup of coffee, a feather visualised in detail, etc. You can do this for about 10 minutes.

You can do this for about ten minutes a day. The important thing is to feel the vibration of your feelings and emotions in your bones, as if what you are visualising already exists in your life.

Visualisation is very effective because the unconscious mind assimilates images more easily than words.

You can make a "visualization board" on which to paste images of what you want to see materialize in your life. You can sit down each morning and contemplate it for about ten minutes, imagining what it would be like to receive what you want.

6) Intuition

« L'intention et le désir dans le champ de la pure potentialité dispose d'une puissance infinie d'organisation. »

Deepak Chopra

Whatever technique you choose, it is not necessary to think about how your desires will manifest. It is important to let the unconscious organise itself, without any control from the conscious mind, to see the manifestation appear. So avoid thinking about it during your active life.

This means letting go of what you have desired. This letting go allows the unconscious mind to bring forth the idea or action to be put in place or it will happen.

It is very important not to confuse impulses of fear or nervousness with the messages of intuition and to be in a serene state when we want to listen to ourselves.

There are many ways to develop this inner listening:

- **Meditation:** of all kinds of meditation, I recommend simply sitting in silence (without music) and becoming aware of one's breathing for 20 minutes.

- **Listening to physical feelings:** by this I mean listening to your body as well as to your five senses. Intuition always manifests itself through the body. It can be a feeling of heat or cold, a tingling in the plexus, etc.

- **Cultivating the present moment:** this can start with simple actions such as feeling the flavours when you eat, the contact of the ground under the soles of your feet, the water flowing over your skin when you take a shower... or even a movement, an action such as walking.

The aim of the above suggestions is to distance ourselves from our thoughts in order to make room for our inner self.

The more you listen to your intuition, without trying to force anything, the clearer your mind will be, the less effort you will have to make and the more focused and effective your actions will be.

8) Limits of the law of Attraction

« Whatever the mind can conceive, it can accomplish. »

W. Clement Stone

What are the limits? We don't know. It depends on one's beliefs. But we know that these are hardly immutable but can change.

Here are three statements. Write down in the notebook any thoughts that come to mind as you read them before reading on:

- 1) You can attract the love of your life to you just by visualising.

- 2) You have the possibility to make inventions without having the necessary knowledge.

- 3) You can become a millionaire without a degree.

Look at your beliefs. Do these statements seem idyllic and unrealistic?

1) In December 2020, following the health crisis, I was supposed to celebrate Christmas alone. Even though this seemed unlikely, I had made the intention to have a wonderful Christmas. Three days after I had made this intention, a friend invited me for Christmas Eve on 24 December, where I experienced with her and her companion a simple but the most joyful, the most convivial, and therefore the most beautiful Christmas I have ever experienced (I remain grateful to my friend and her companion for this moment).

2) At a time when I had no money, at the end of June 2019, I wanted to improve my knowledge of energy healing. I set out to find and attend this course. At the beginning of July, not only did a friend contact me about a healing course abroad, but I miraculously (thanks to a tax refund) found the money to join her and to follow the teaching that is deeply influencing me in my current healing practice.

3) Thomas Edison had a three month schooling. However, he invented the light bulb just by doing many tests. He did not know which metal alloy would allow the combustion and flow of electrical energy. In the beginning he had only one idea.

4) Henry Ford stayed at school for six months. This did not stop him from inventing car cylinder mechanisms and from becoming and remaining during the stock market crash of 1929 one of the biggest fortunes in the USA.

Neither these people nor I had a pre-determined plan or strategy. We had no evidence that our ideas could have been realized. We simply believed.

Beliefs shape the world. You can imagine seemingly inconceivable ideas. What matters is that you believe in them completely. Then you will allow the impossible to come into your life.

What are the limits? Have fun exploring them and moving beyond them. It is important that you feel it is possible to go beyond this limit. That is why we suggest that you start by making small things appear, and then gradually move the limit back.

Some of our beliefs are at the root of unconscious blockages. Being aware of them and observing them will help you to see how you view life. You may not be aware of your beliefs or their origins. You may not even be aware of the blockages that some of your beliefs create...

It is possible to change them.

Imagine for a moment that you are a magnet. Unconscious blockages are the rust that has gradually corroded your magnet. They can come from education, social opinion, etc.

Examples:

1) You want to use the law of attraction to attract money... But deep down you have this kind of idea:

- Money corrupts.
- Rich people are bad people.
- Rich people are bad people.
- If we have money, we are stealing it from someone else.
- And so on.

2) You desperately want to meet the love of your life. However, your subconscious has remembered that :

- Love makes you blind.
- All love stories end badly.
- Getting married is like putting a rope around your neck.
- And so on.

So, it is understandable that your unconscious will do everything to avoid attracting money into your life or making any love relationship impossible. This is because we all want to be happy. No one wants to be unhappy. We direct our intention to where our unconscious believes we will be happy.

Ironically, since we attract what we vibrate, our unconscious will do everything to ensure that what we experience matches our worldview - based on our beliefs.

Our unconscious mind is structured by the beliefs -conscious or unconscious- that we have integrated during our life.

If our desires and beliefs go in opposite directions, this creates resistance or blockage.

If our conscious desires are in line with our beliefs, our unconscious mind has an easy time making them happen.

There are many techniques for cleaning the rust from the magnet. We suggest two that you can easily use at home.

You can apply them to all areas of your life.

A. How to make the unconscious you ally

It is interesting to see why we seek not to attract certain things into our lives, even though we consciously want to.

Exercise

Write down something you don't attract into your life that you want. Then think of one or more advantages of not having it. Then think of one or more benefits to you of not having it.

Welcome these reasons without judging them, whatever they may be.

Examples:

1) I want to attract money into my life. I don't attract it though.

My view of wealthy people is that they are men and women who dominate others, are obsessed with power and are unable to enjoy the simple blessings of life.

I believe that in order to be a good person, to love your loved ones and to enjoy the real value of life, you must not have money!

2) I want to have a fulfilling married life and yet I don't attract anyone into my life.

My view of relationships is this:

Love doesn't last. My previous relationships have made me suffer terribly and so have those around me.

So it is to my advantage to stay alone so as not to suffer.

It is likely that you will discover beliefs in yourself that you never thought about before as you go through this exercise. Take the time and space to dive into yourself honestly and with the utmost kindness.

These insights can be very revealing and trigger real change.

Example

"I am shy => I imagine myself being outgoing."

B. EFT

EFT is an acronym for Emotional Free Technique. This technique consists of tapping different acupuncture points on the hand to release negative information and instill new information, which serves our goals, into the unconscious mind.

The process is done in two steps:

- 1) Recognise the negative thought or feeling
- 2) Transform the limiting belief into a growth belief.

Let's take the example of worrying about a lack of money:



Step 1: Release the feeling of worry.

For 30 seconds, tap the karate point with both hands while repeating "Even though I am worried about money, I love myself, forgive myself and accept myself as I am.

Take note of the emotion or belief. Summarise it in a key word. Here, "worry".

Then gently tap the different points listed below one after the other for 30 seconds, saying the key word each time.

- * The top of your head.
- * The top of your eyebrows.
- * The outer sides of your eyes.
- * The underside of your eyes.
- * Under your nose and above your lips.
- * Under your lower lip
- * Above your chin
- * Just below your collarbones.

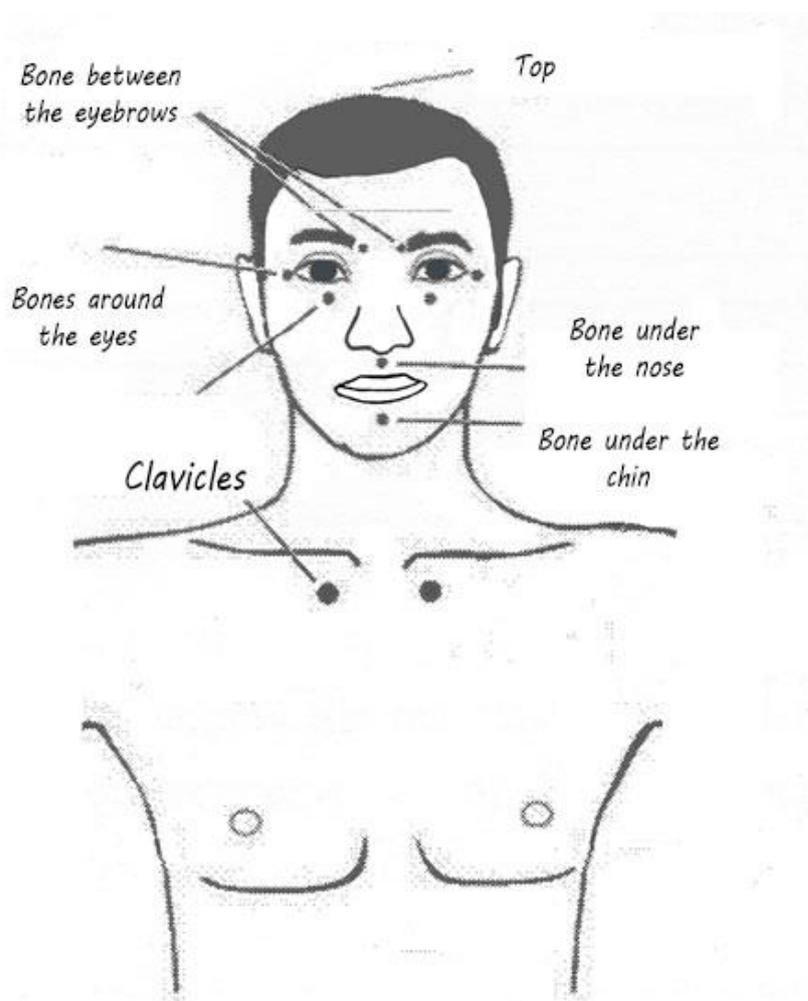


Image from
'Joe Vitale, *The Secret to attracting money*'.

Second step: anchor the new positive feeling.

Tap on the different points mentioned above, this time saying the opposite of the previous sentence, e.g. "I am confident about money, I love and accept myself deeply".

This technique also allows you to return to the here and now.

Write down a limiting thought or belief and its opposite. Then do the exercise.

Do this exercise as many times as you like.

10) Good vibration state

« You create your own universe as you go along. »

Winston Churchill

The time it will take for your creative thoughts to manifest is not predefined. Whether it takes a day or a year depends on you. It will happen if everything vibrates within you as if it were already there, without any contradictory interference.

Here is one explanation why it doesn't come:

Go back to the answer you formulated in the exercise on page 4.

Why do you want this?

In the present moment, do you feel complete even if the object of your desire is not yet in your hands? _____

If the answer is no, then the object will not manifest in your life. The law of attraction says the following:

It is the state you are in that creates what appears in your life.

Your state of being is the quality of your vibration. The best way to attract abundance to yourself is **to vibrate with wholeness and happiness**. Then, you will naturally attract to you what embodies happiness and wholeness in your eyes.

Let's take the example of money:

Generally, when we ask people why they want money, they answer to feel secure or because they see it as the manifestation of success... This search is to fill a gap, that of feeling complete.

But the only way to feel complete is to feel love in you, around you and for you. And to do things from a sense of completeness, not from a sense of need.

Exercise

What need(s) do you feel?

From what desire(s) do they start?

Now imagine that all your needs have been met.
Take 15 minutes to immerse yourself in this state of wholeness and feel your bones vibrate with this happiness.
After 15 minutes, ask yourself again: What do I want?

Write down the answers.

Do you still want the same thing as at the beginning of the exercise? _____

B. Appreciate what you already have

" Follow your happiness. "

Joseph Campbell

We have seen that the vibrations of wholeness, happiness and joy are conducive to the manifestation of your wishes. We can add to this the vibration of love and appreciation.

A good way to create this state of being is to become aware of what you already have and appreciate. Then take a moment to taste and amplify that vibration within you. Adding gratitude will further enhance the effect.

It also allows you to enjoy the present moment.

Exercise:

Name one thing in your life for which you are grateful. Then explain why it makes you happy. It is important to be honest with yourself.

Example:

In the present moment: "I am enjoying a delicious meal that gives me pleasure and energy. I thank life for this.

By recalling a past moment or imagining something that is already planned:

"I enjoyed a delicious meal this lunch. It gave me the energy to go for a walk before going back to work. I thank life for that.

"I'm looking forward to the delicious meal I'm going to cook for myself/us tonight."

How do you feel after doing this exercise? Certainly better, right?

You can also think of something you appreciate that is already present in your life every morning before you get up. Your day will then be organised according to this vibration of appreciation.

Cultivate without moderation this positive state of mind that allows you to naturally attract to you what is good for you. For "you attract to you what you are"!

C. Faith

« Believe in the Invisible »

Lisa Nichols

Faith is a key element of the Law of Attraction. If you don't believe in what you are visualising or imagining, you are giving out contradictory information. This makes it more difficult for your unconscious mind to do the best it can with what it has! If you believe it, you are sending your unconscious a clear and unequivocal message. It will be easier for it to work on the manifestation of the intention.

Remember that reality is built around beliefs.

I could ask you what you believe in. It's worth asking this question but only one question is really relevant here:

Do you have faith in yourself? _____

No reason, good or bad, should dictate or influence your response and attempt to legitimise it. You can decide now to believe in yourself, if you wish.

To me, having faith in yourself is the greatest gift of love you can give yourself.

D. Love

« The effect of love is lasting because it is spiritual in nature. »

Napoleon Hill

In general, the person we criticise the most is ourselves. Whether we are aware of it or not. Whatever the reason for this self-criticism, learning to love yourself is important: self-love feeds you.

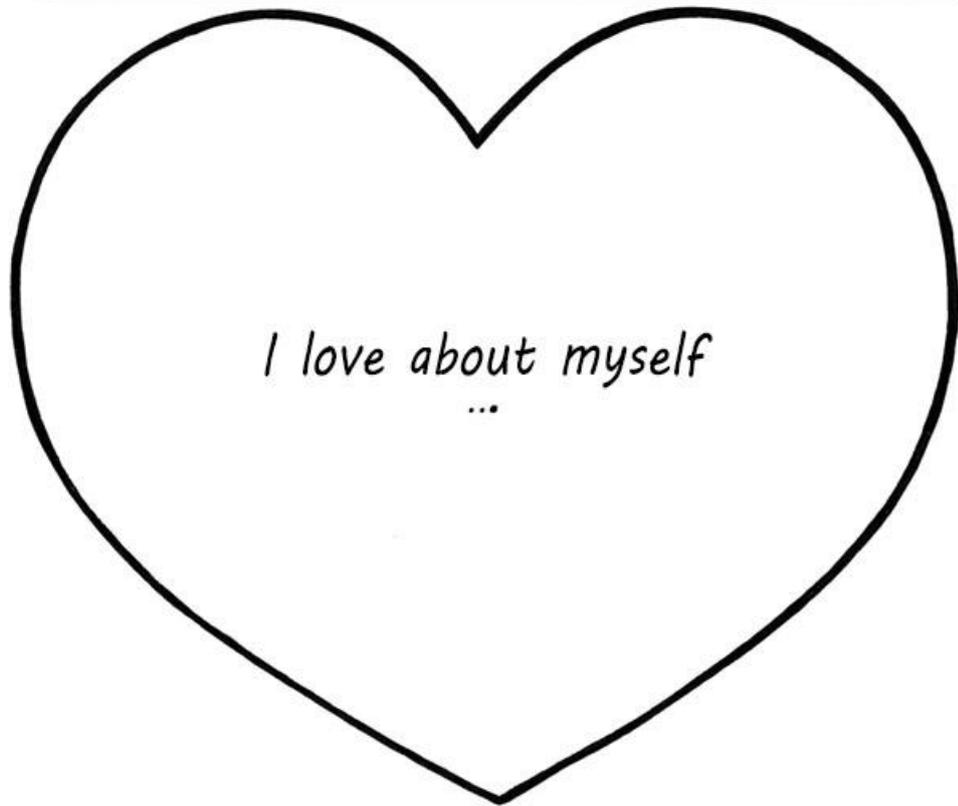
The aim is not to become narcissistic but to appreciate yourself as you are. You will then find it easier to appreciate what you already have and the company of others. By vibrating this love, you will also bring it to others and it will spread in your life.

Exercise

Write down 5 (or more!) qualities that you recognise in yourself. Don't give reasons why you attribute this quality to yourself. Make a simple statement.

Example:

"I like about myself... my perseverance, my eyes, my sense of humour, my curiosity, etc."



Avoid justifying why you have this appreciation. Just let it happen.

Take time to feel the effect of recognising each of these qualities in yourself.

Do this exercise every day when you wash for a month. Don't hesitate to look at yourself in the mirror.

Don't hesitate to say "I love myself" in your eyes.

11) Being naturally happy and the tyranny of happiness

« You do not attract what you want, you attract what you are. »

Wayne Dyer

Everything that has been presented to you is intended to help you build the life you want to have. It is now time to lay the foundations for your work.

The Law of Attraction states that we attract what we vibrate. You will have understood that in order to attract what makes you happy, we must already be happy. This goes beyond being able to sincerely appreciate what you already have, because it is about realising that our happiness does not come from a specific result or attitude, but is cultivated by a daily state of mind.

This is usually the most difficult point to accept in the practice of the Law of Attraction, as being happy in the moment often seems impossible, or even unbearable to hear in some cases.

I can understand that. The moment I was told about the Law of Attraction, was the time when I almost found myself on the street. I accepted with great difficulty the idea that my happiness depended primarily on my vibration and my state of mind. In addition to having to work on my darker sides, this also meant a profound change in the way I conceived life.

I needed to look for elements of joy in my present moment that would serve as a stable enough foundation to raise my temple of happiness.

There are many techniques to create moments of peace and joy. I have selected two methods that have been most effective in my situation.

As mentioned above, therapeutic support of your choice may sometimes be necessary in the journey towards happiness.

In my opinion, there is no definition that can explain happiness, because it is above all a state of mind. Nevertheless, I can offer you a model that will allow you to create your own conception.

The easiest way to find out if you are happy is to answer the following question honestly, without elaboration:

Are you happy?

Yes - No

From the previous answers, select (or add) one or more activities or hobbies in which you feel fulfilled.

Of these different activities, select those that are natural to you and arise from enthusiasm or pleasure.

Although the nuance I am introducing here is very subtle, it is important to distinguish between what comes from an appreciation and what brings you appreciation. The driving force behind the activity is very different.

To illustrate this, I will tell you about two defining episodes in my life:

1) For three years I took dance classes and went out frequently at night. I had a good time. I was even quite a good dancer. But after three years, my attendance disappeared, without me understanding why.

A month after my last class, I realised that professional difficulties I had experienced for several years had also come to an end. I realised that I was unknowingly using dance as an outlet for the anger I felt in my professional life. My desire to dance was not based on a sincere pleasure in dancing but on a need to appease an anger. I remained in a downward spiral.

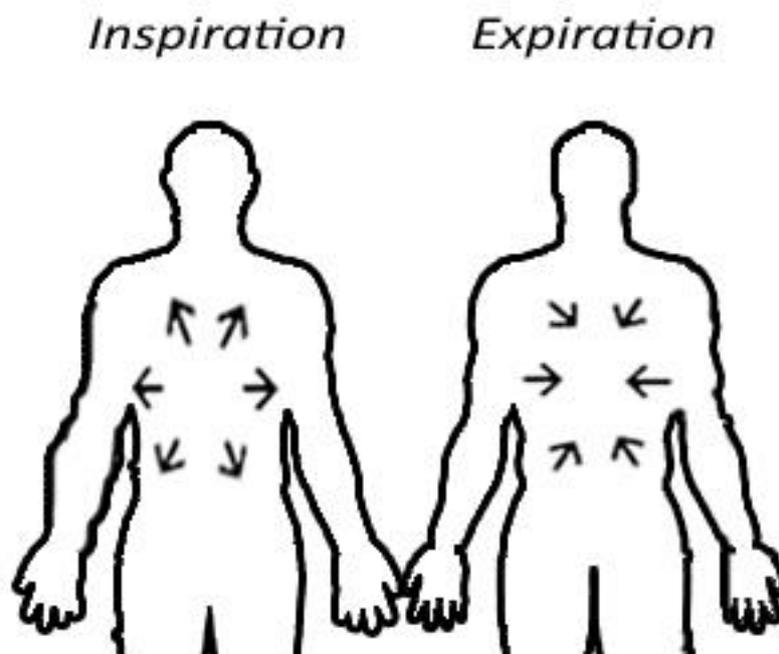
2) My work in energy healing brings me immeasurable joy. More than anything, I am passionate about geobiology, the study of the energetic influences of a place on its residents. Unfortunately, I had a maximum of one request per year for this service. I was even starting to lose clients. This worried me. After a while, I put this concern aside. I found time to spend an hour a day running. I didn't have any goals. Every time I run, I am filled with joy. In the following month I did five geobiological surveys, without having achieved any promotion or anything else. I later realised that it was the drive and enthusiasm that I had (and still have) that attracted these five expertises. They had come about because I let happiness flow through me when I was running.

B. Conscious breath

I am passing on to you here what a sophrologist friend once advised me. This tool, although simple, proved to be very effective in my case. Breathing is undoubtedly the most important element in managing one's well-being. It is what allows us to manage our emotional state.

Rapid breathing is usually a sign of anxiety or nervousness (except in the case of heavy exercise).

When you feel that your breathing is rapid, take a moment to focus on your breathing. Don't try to speed it up or slow it down, just keep your attention on your breath and feel your body expand on the inhale and release on the exhale. It is important that you feel that your whole body, from the belly to the chest, is doing this expansion and relaxation cycle and not just a part of it, to make it easier to relax the body. To do this, you can imagine that your body is a balloon that inflates and deflates.



Do not try to control your breathing but let it go at its own pace. Your task is only to stay focused on your breath for a few minutes.

You will find that it will gradually become longer as your body becomes more relaxed and your mood lighter. As well as being quick, this exercise has the advantage of being able to be practised anywhere, whether at work, in the shopping queue or in your car.

If you want to take the time to become more aware of your breathing, you can practice the same technique, with the addition of the following instructions:

- 1) Breathe in, visualising the air coming in through your nostrils as light.
- 2) Breathe out, visualising that the air coming out of your mouth is dark.

Practice this visualisation for twenty minutes.

These different techniques are the foundation on which you can build your monument to happiness. When you feel a negative emotion coming on, you can then decide to focus your attention on them. They will allow you to step back, change your vibrational quality and get back on track.

12) After...

The purpose of this booklet is to suggest ways to manage the creative power of thought and to listen to one's feelings. I invite you to repeat these exercises as often as you feel like it, because repetition deepens and anchors what will eventually become habits.

I believe that imagination is a precious key to deliberately using the Law of Attraction. Invite it to express itself!

I have suggested a series of exercises that use the imagination, such as meditation or visualisation. However, there are an infinite number of methods to train it. Only one thing matters: daily practice.

Here are some ideas to stimulate your imagination and connect to a vibration that is conducive to the activation of positive creative thoughts. The most important thing is to go down paths that you enjoy:

- **Music :**
 - Listen to music that makes you feel good or create your own song without any pressure about the result. The important thing here is to enjoy what you are doing. Observe your feelings. And if you wish, choose the music to listen to or create a song that corresponds to the vibration you are looking for.
- **Drawing :**
 - Immerse yourself in a drawing that inspires you. You can choose it according to what you want to feel or attract into your life if you like. Or you can draw it with precision or using symbols. It doesn't matter how good your line is, the important thing is that it speaks to you and makes you feel good.
 - Observe your feelings, without judgment, with kindness.
- **Writing:**
 - Tell a story about what you are looking for. Tell how you dream of getting your dream job, finding love or how a delicious meal filled you with happiness...
 - Observe the way you vibrate with wholeness and happiness.
- **Interior design and feng-shui:**
 - The interior of a house reflects the inner state of the person who lives there. Decorate, arrange and tidy up your home so that you feel good. Display your favourite quotes, a drawing of your future diploma, mountains you dream of climbing...
 - If you feel like repainting the walls of your living room with lighter, brighter, warmer colours... Go ahead! This could well contribute to bringing more light, colour and warmth into your life...
- **Reading:**
 - Choose a book, a text, a quote that inspires you and helps you believe in the realisation of your wishes.

- Observe what makes you tick and fill yourself with it.
 - Below you will find some books about the law of attraction, which I have inspired or which have another approach.
- (I chose to keep the bibliography in French for coherence, even though most of these books were written in English).

BYRNE, Rhonda, *Le secret*, Un monde différent, 2008

CHOPRA, Deepak, *Les 7 lois spirituelles du succès*, J'ai lu, Aventure secrète, Paris, 2004.

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There are many other paths. None of them prevails over the others. It is joy and enthusiasm that will help you choose the right path.

I wish you wonderful discoveries and happiness in your exploration of the Law of Attraction!

Jim Richard