

# **“The 7 essential Lessons in Using the Law of Attraction”**

**By Michael P. Brown**

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- 1.) Gratitude. Be grateful for everything, everyday, all day long.
  
- 2.) Choose Good Feelings. What you give out to the world in feeling energy, you will attract back to you, so choose happy feelings.
  
- 3.) Law of polarity. Every thing has an equal and opposite, its like magnets. Like attracts like. What are you magnetic to?
  
- 4.) Attention. What you place your attention and focus on, you will bring about in your life. Where your attention goes, energy flows.
  
- 5.) Intention. Make specific affirmation of your intention to have whatever it is you want. Use present tense language.
  
- 6.) Ask for what you want. Give yourself permission to ask for whatever it is you really, really want.
  
- 7.) Allow yourself to receive. This is the most difficult one for many people, because we live in a "it's better to give" society. However, receiving is actually giving, in reverse. Simply open up your heart and allow it to happen.

Mike Brown is Your Personal Spiritual Life Coach. He specializes in Life Coaching, Spiritual Counseling, Intuitive Guidance, Spiritual Healing, Spiritual Growth, Using the Law of Attraction, and Advanced Manifesting to assist You in Breaking Through Your mental and emotional challenges and moving You Forward towards getting what You really want in your Life, Business, and Relationships. He is a practitioner at QuietStar Center for Transformation . You can get more Free Coaching Tips to Breaking Through

Challenges and Moving You Forward Towards getting what you want by visiting  
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