

MANIFEST

WITH EASE

AN LOA COURSE BY JENNIFER BAILEY

LAW OF ATTRACTION SIMPLIFIED

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HOW TO USE THIS COURSE

UPGRADE YOUR LOA PRACTICE & MANIFEST WITH EASE

Do this course at whatever pace feels good. You might enjoy a module a day or devour the entire course in one joyful afternoon.

Be sure to answer the questions at the end of each module. These questions will help you connect the dots and apply what you've learned to your real life.

I encourage you to read the modules in order as the concepts build on each other.

That being said, do this course in whatever way feels good—because feeling good is your point of attraction. (More on that in the course!)



INSIDE THIS COURSE

COURSE MODULES

HERE'S WHAT YOU'LL FIND.


Module 1 Manifesting 101: How Law of Attraction Works

Module 2 The Importance of Feeling Good

Module 3 Ask and It Is Given: 3 Steps to Manifesting

Module 4 How to Improve Your Point of Attraction

Module 5 Common Blocks to Manifesting



MODULE 1

MANIFESTING 101: HOW LAW OF ATTRACTION WORKS

MODULE 1

MANIFESTING 101: HOW LAW OF ATTRACTION WORKS

In this module, you're going to learn the basics of how Law of Attraction works. These basics are not complicated. In fact, they're really quite simple.

If you understand and embrace the basics, you'll have a solid foundation for leveraging Law of Attraction in your life. Meaning you'll be able to manifest the goals you want to achieve, shiny pennies you want to acquire, experiences you want to have, and states of being you want to embody.

In this module you'll learn the 5 core principles you need to know to succeed with Law of Attraction.



THE BASICS

**CIRCUMSTANCES ARE
NEUTRAL.**

**YOUR THOUGHTS
CREATE YOUR FEELINGS.**

**LOA: LIKE ATTRACTS
LIKE.**

**YOU'RE A MAGNET
ATTRACTING WHAT YOU
THINK AND FEEL.**

**WE LIVE IN AN
ATTRACTION-BASED
UNIVERSE.**



CIRCUMSTANCES ARE NEUTRAL.

#1

CIRCUMSTANCES ARE NEUTRAL.

This means things, people, events, and situations are neutral.

- Your spouse forgot your birthday.
- A traffic jam made you late for work.
- Your boss issues an impossible deadline.
- Your friend bailed on lunch plans.
- You receive an overdue notice.
- The scale shows five more pounds.

All these circumstances are neutral.

A traffic jam. Late for work. Impossible deadline. But aren't they all negative?

No. All circumstances are neutral. Nothing outside you has the power to make you feel good or bad.

It is your thoughts about circumstances—the way you interpret them and the meaning you attach—that cause you to feel positive or negative emotion.



**YOUR THOUGHTS
CREATE YOUR
FEELINGS.**

#2

YOUR THOUGHTS CREATE YOUR FEELINGS.

Your best friend cancelled lunch plans (that's the circumstance). You can think: *How rude. She does this all the time. Or Thank goodness, now I have some me-time.*

When you think your friend is rude, that thought creates feelings of blame and irritation. On the other hand, when your thought is now you have much needed me-time, you feel appreciation and freedom.

The circumstance is exactly the same: Your friend cancelled lunch plans.

It is your thoughts about a circumstance that give it meaning and create your feelings.

When you think a thought (a sentence in your head), it creates a feeling (a sensation in your body).

This means you can deliberately choose your thoughts to create feelings you want to feel.

- Want to feel positive expectation? What thoughts would create that feeling?
- Want to feel enthusiasm? What thoughts could you think to feel enthusiasm?

A close-up photograph of a hand holding a light-colored coffee cup. The hand is wearing a dark, textured sleeve. A semi-transparent dark grey rounded rectangle is overlaid on the center of the image, containing the title text in white, bold, uppercase letters.

LAW OF ATTRACTION: LIKE ATTRACTS LIKE

#3

LAW OF ATTRACTION: LIKE ATTRACTS LIKE.

Next, let's talk about the most important thing you need to know about Law of Attraction.

And that is: Like attracts like.

Simple, right?

Your outer world is a reflection of your inner world. Another way to put it: Whatever you are giving by way of your vibrational offering, you are receiving.

This means you are creating your reality.

You are doing this by attracting the essence of what you're thinking and feeling.

Every area of your life is influenced by Law of Attraction—your health, finances, relationships, everything.

This means nothing merely shows up in your life. You attract all of it—because you are manifesting what you are in vibrational alignment with.



YOU'RE A MAGNET
ATTRACTING WHAT
YOU THINK AND FEEL.

#4

YOU'RE A MAGNET ATTRACTING WHAT YOU THINK AND FEEL.

Your point of attraction is a combination of your thoughts and feelings.

- If you're focused on unpaid bills and feeling worried and discouraged, that is your point of attraction. You will attract more situations into your life about which to feel worried and discouraged.
- If you are focused on abundance and feeling appreciative for all you have in your life, that is your point of attraction. You will attract more abundance and things to feel appreciative about into your life.

Law of Attraction is not responding to only the thoughts you are thinking. It is responding to you on the vibrational level of your feelings.

Let's say you're thinking about having more money in the bank or receiving a raise at work.

Your thoughts are all about more money, but your feelings tell a different story. You are feeling insecure, worried, and fearful about money. Law of Attraction responds to your thought-feeling combo—with feelings taking precedence over thoughts.



WE LIVE IN AN ATTRACTION-BASED UNIVERSE.

#5

WE LIVE IN AN ATTRACTION-BASED UNIVERSE.

Your attention is always saying yes.

- When you're focused on what you don't want, you're saying yes to it.
- When you're focused on the problem, you're saying yes to it.
- When you're paying attention to what you don't like, you're saying yes to it.

Whatever you give your attention to is saying yes to it. That's why it's so important to put your focus on what is wanted, not what is unwanted. Because what you give thought to—wanted or unwanted—you begin to invite into your experience.

You might think words are enough so you say, *I don't want to be in debt*. But in saying this, you are focused on debt. The message you're sending to the Universe is debt.

- *I don't want to be overweight*. Overweight.
- *I don't want to be sick*. Sick.
- *I don't want to be single*. Single.

Focus on what you like. Give your attention to what is wanted. Law of Attraction responds to what you are giving your attention to—especially when you do so with feeling.

TO MANIFEST WITH EASE...

- Stop blaming circumstances for how you feel.
- Choose thoughts that create your desired feelings.
- Live as if what you give is what you receive.
- Prioritize feeling good to improve your point of attraction.
- Focus on what you want and like and appreciate.

YOUR REAL LIFE.

Let's apply the concepts you've learned to your real life.

List a few circumstances in your life right now.

What are your thoughts about these circumstances? (Remember: A thought is a sentence in your head.)

What feelings do your thoughts create? (Remember: A feeling is a sensation in your body.)

How do you want to feel? What emotions would you like to experience, such as Joy, Empowerment, Freedom, Love, Enthusiasm, Happiness, Positive Expectation?

What thoughts would create your desired feelings?

IT'S NOT CIRCUMSTANCES, BUT YOUR THOUGHTS ABOUT CIRCUMSTANCES THAT CREATE YOUR EXPERIENCE.



The Law of Attraction coach is in.

Client: I feel lousy.

LoA Coach: What's making you feel that way?

Client: I didn't get the promotion I wanted at work.

LoA Coach: Not getting the promotion is a circumstance. And all circumstances are neutral.

Client: Well, it sure doesn't feel neutral because I feel lousy.

LoA Coach: Perhaps that's because you're thinking thoughts that are making you feel lousy.

What thoughts are you thinking about not getting the promotion?

Client: My boss doesn't think highly of me. I'm not good enough. I don't have what it takes to succeed. My contribution isn't appreciated.

LoA Coach: And how do those thoughts make you feel?

Client: Lousy! Disempowered. Insecure. Fearful.

LoA Coach: That's because you feel your thinking.

Client: So you're saying my thoughts are causing my feelings. Not the fact that I didn't get the promotion.

LoA Coach: That's absolutely right! Nothing outside you has the power to make you feel good or bad. Your emotions are simply the outward manifestation of your thoughts.

Client: And my thoughts create my feelings.

LoA Coach: Exactly. It's not circumstances, but your thoughts about circumstances that create your experience. Which means if you choose to think on purpose, you can create the feelings you want—even about not getting the promotion.

BEGIN TO THINK ABOUT...

- The ways in which you've been blaming circumstances for how you feel.
- What you are attracting—based on what you've been thinking and feeling.

STAY IN TOUCH

PODCAST

LOVE YOUR LIFE +
LAW OF ATTRACTION

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SCHEDULE-AS-YOU-WANT SESSIONS

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