



## **Module 3- How to Use Law of Attraction for Powerful Success & Easeful Creation**

### **The Truth**

The truth is you are a powerful creator, and you already have within you the ability to create or call in exactly what you desire, want, or need, be it in the realm of money, careers, love, health or anything else.

Pause and let that really sink in.

The other truth is that you are Divine. Whether you call it God, Goddess, Spirit, Source or maybe the Universal Life Force energy, we are it, we are connected to it at all times. And the truth is that you are far more powerful than you realize. You are creating all the time in partnership with the Divine.

To accept this means to accept that you are the creator of your reality. If you want to be the creator – you must accept that you ARE the creator of your own reality. That's why the very first thing in the practice of manifesting is taking 100% responsibility for everything in your life.

### **Empowerment Exercise**

Even the most responsible people fall into some form of “victim mode” from time to time. This exercise will give you awareness into those sneaky places where you may still be giving your power away so you can take it back.



## 4 Levels of Responsibility

### Level One: Victim

- Everything happens to me; I am not responsible for anything; I am at the effect of the circumstances around me.

### Level Two: Conditional Responsibility (“I take responsibility, reluctantly”)

- I choose what I am responsible for on a case-by-case basis. I know I “should” take responsibility but (secretly) don’t agree with the idea that I’m responsible for certain things.

### Level Three: I Am Responsible

- I am the cause of my life; I am the source of my experiences, choices, decisions and results.

### Level Four: I Am Ultimately Responsible for Everything

- Without question, I am the sole uncontested author of my life and ALL of my experience, directly and indirectly, past, present and future, whether I can see it, touch it or not. Period, end of discussion. I am the leader and director of my purpose, dreams, vision and goals. I chart my course and take responsibility for ALL.

With love, compassion and from a place of neutral observer, answer the following questions:

1. **What level do you hold yourself now, for most things and most of the time?** (Be honest, and remember that nobody is perfect).



**2. What areas of your life are you holding yourself at a Level 1 or 2?**

- a. What story have you been telling yourself?
- b. What is a new story (different perspective) that will empower you to shift to a Level 3 or 4 in these areas?

**3. What shift will you make to take your personal responsibility to a new level?**

**Power Tip** - Want to experience success far greater than anything you could have hoped for, or imagined? Choose to operate at a Level Four. For everything. All the time.

**Essence**

You have learned, and hopefully accepted that you are Divine. That within you is an aspect of that Divine Consciousness that we could call the “atman”, the Divine Spark or Essence.

This essence is a pure part of us that is unaffected by our mind, our life, and our “karma”, and this part of us seeks to participate in the wonder of life. This essential nature reside deep inside underneath the “small self” which is fuelled often by survival and fear as well as instinct, and the ego mind which is the part of us that attempt to make sense of the world and constantly asks: “Why is this happening?” and makes meaning out of whatever it can find, to make sense of it all.



**THE SACRED SUCCESS  
BLUEPRINT**  
Turn Passion Into Purpose & Prosperity

Underneath this small self and the ego mind, you have a nature that is not only creative and expressive but is connected to Universal Source Energy or the Divine.

This nature lives by creativity, and is driven to express itself. This part of you is calling you forward, inviting you to live from HERE, the Essence and to connect to the Essence in others. This is a huge aspect of Yoga, and why many of us resonate with its teachings so deeply – it reflects and supports this yearning.

Your Essence is connected to everything in all time and space, and it is creative in nature. We are inherently connected to everything and that makes us inherently creative.

While we are one with everything, there is something unique about us, there is a unique sense of who we are. That sense of who we are has come here to create something, to express on earth. That is our joy, our dharma, our expression in the world.

The urge of Essence to grow, to expand and be self-expressed is the strongest urge there is. It is primal. It is Desire. Yearning. A calling.

At the heart of manifestation is the understanding that you have an Essence, and that it creates Desire – the evolutionary impulse – this primal urge to grow, to expand, to be self-expressed.

Manifestation is about reconnecting to your creative core – your Essence – and living from that place, every single day.



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It sounds lovely and easy in theory, but the problem is that as part of our human experience we have developed and “rehearsed” a whole set of beliefs, practices and mechanisms designed to protect ourselves from actually getting what we want including:

- The belief that we’re not enough, we’re unlovable, we can’t trust the world
- The idea that there isn’t enough – time, money, resources
- The lack of awareness – that you have deep primal creative urge in the first place
- Not knowing what you really, really want
- Feeling like you have to follow someone else’s plan or you “should” be doing something in a certain way
- Being out of our Essential self by pushing, striving, “doing”, over-achieving.

We actually create day-to-day circumstances that come between us and manifesting what we truly desire. Yet these blocks are illusions.

The Yogic path is the path of Remembering or Returning, of breaking free of the illusion of separation and realizing that you are a whole, complete, powerful creator, in partnership with the Divine.

Essence is actually magnetic. She/He is the core of who you are. In your teaching and your business, allowing your Essence to show up on the outside is a powerful means to attract students, opportunities and attention – without having to “sell” people on anything.

Being in your Essence, radiating and projecting it out, will bring you a host of benefits in all areas of your life. It is a way of Return. It is the true practice of Yoga.



## Essence Exercises

Here are some exercises to get you started:

**Hello Essence Practice Morning** – Begin every morning by softly “emptying out” – that is exhale and let go of thought, “to-do’s”, beliefs and story. Tune into the “empty” place within that is actually full of Essence. Begin to develop a relation with your Essence.

**Conscious Essence:** Consciously bring your Essence into your teachings and to your important relationships. Speak to other’s Essence from your Essence. Notice what happens.

**Connect to Essence Through Desire** – Connect to your Essence with the intention of knowing your true Desires. What do you truly want? What does it mean for you to have that? When you feel an urge or pull towards something, ask: “Is this coming from Essence or Ego?”



## **Consciously Using Creative Power**

So the path of manifestation is re-awakening to our Divine Nature, our Essence and living from that place all the time. If you decide to take responsibility for your circumstances, you automatically tap into the power to change them. When we cultivate this, we cultivate a high frequency and we have access to all information across all channels. Now we are in a state of co-operation or co-creation.

We can now create in partnership with Source or the Divine first, and then with other humans. Your supply comes from the Divine, and it comes through other people. You are never cut off from the Divine. The true underlying cause of financial distress or lack thinking is a belief that there is a separation from the true source of your supply and you are connected to your supply, your supply is everywhere. So when you are connected to the Divine, you are actually connected to infinite supply.

### **Law of Attraction Defined**

Simply Law of Attraction states: “Like unto itself is drawn”.

What this means is that we draw or attract the people, experiences, resources, etc. to us that reflect our BEING state.

We may desire more money or a great opportunity but if we are focused on the lack of money or opportunity, we keep getting that.

The key to manifestation is there to align to our Essence and literally allow the Universe, the Divine to bring it to us. Our job is to BE.



## **Why It's Not Working**

If things are not manifesting with grace and ease there is a reason...Where most of us get tripped up is in two areas:

1. **“Reality”** – We may want something but we actually remained focused on the lack of something or the absence of it so we are magnetizing the exact thing we don't want. We actually have to stop looking at “Reality” – what is in this moment and have such Desire, Faith and Fortitude to keep focused on what we do want even if it is not here. We will see it when we believe it.
2. **The Story** – We also have a “story” about the thing we want, who we are and whether we can have it so we end up telling the story of what we don't want, or the story of it not being here, or the story that it's hard. We must tell the story of what we want and only that story.

For example, if you wanted to magnetize a room full of great students and you said, “I am magnetizing a room of great students, but...they aren't here, and it's really hard to get started as a Yoga teacher, and no one will want what I have to offer,” you are actually sending mixed signals to the Universe. AND you are sending a mixed energy or BEING about it. Your Being is saying I want this but I can't have it so you will continue to get it.

**So consider:**

**What “story” do I want to tell?**

**What do I truly Desire & WHY?**





**“We don’t attract what we want. We attract what we are.” – Joseph Murray**

## **Who Do I BE?**

Now that you are aware of what you Desire, and that it is normal, natural and in fact your Divine birthright to expand and have desire, it is time to notice how you BE and WHO you BE.

For example if your Desire is to have full Yoga classes and attract wonderful life affirming experiences while easily paying the mortgage, how does that person be?

Does he or she, worry about money? Does he or she over-work, and over-do things?

Probably not.

He or she Be’s abundant, trusting, joyful and easy.

### **Practice:**

**Notice how you are BEING throughout your day.**

**Are you BEING what you desire most, or rehearsing old stories? (no shame, just reset).**



## **Be It Before You Do It.**

So how we BE is key to easeful creation and manifestation. This is contrary to what most of society has told us about creating so we are at a deep level programmed to DO and THINK more than anything. Yet, we should not be acting or doing until we are in a state of BEING that reflects what we want most deeply.

We take action but it must be ALIGNED ACTION – that is action that is motivated from our Essence and not fear, worry, addiction or drama.

Aligned Action comes out of BEING. We drop into what we truly Desire, and we BE that outcome and then we are guided to take action, and sometimes the action is something that would have never occurred to us. This is where Divine Consciousness comes in, and our connection to Source energy is so key.

You don't call that studio asking to connect until you BE in a state of service, value, and LOVE. Do the practice that gets you into this state first. Things like appreciating what you do have, looking for beauty, petting your cat, walking in Nature or even doing your Yoga practice are ways to align to BEING.

### **Practice:**

**How do I want to BE/feel?**

**What in my life gives me that feeling?** *(GO and do that, or rest your focus upon these things until you FEEL that you BE that state.)*

**What action naturally arises?**