



# Jack Canfield's Key to Living the Law of Attraction: A Simple Guide to Creating the Life of Your Dreams

By Jack Canfield, D.D. Watkins

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Long before co-creating the bestselling Chicken Soup for the Soul series, Jack Canfield was already teaching the ancient principles of the Law of Attraction. Canfield has been consciously living in harmony with this universal law for more than thirty years, and his personal success is a testament to its power. Now, in *Jack Canfield's Key to Living the Law of Attraction*, he shares his knowledge and experience with you and offers you his proven tools and techniques for applying the Law of Attraction in your own life.

This book is a simple 'how to' guide for using the Law of Attraction to create the life you desire. Within these pages, Canfield clearly explains not only what you need to *know*, but what you need to *do* in order to attract what you want in your life. *Jack Canfield's Key to Living the Law of Attraction* addresses the important issues of *clarity*, *purpose*, and *action*. This thought-provoking guide will take you step by step through the processes of defining your dreams, goals, and desires. Along the way, you will gain a greater understanding of yourself—a sense of who you really are and why you are here. Your journey begins right here, right now. You can change your life, increase your awareness, and empower yourself to create an amazing future—one that is filled with love, joy, and abundance.

This book is your key.

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### Editorial Review

About the Author

**Jack Canfield** is a sought-after national speaker, trainer, and cocreator of the #1 *New York Times* and *USA Today* bestselling Chicken Soup for the Soul book series.

D.D. Watkins is a mother, successful entrepreneur, and artist.

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### (1) Law of Attraction

**Understanding the Law of Attraction is the key to creating the life of your dreams.**

The Law of Attraction is the most powerful law in the universe. Just like gravity, it is always in effect, always in motion.

*It is working in your life at this very moment*

Simply put, the Law of Attraction says that you will attract into your life whatever you focus on. Whatever you give your energy and attention to will come back to you. So, if you stay focused on the good and positive things in your life, you will automatically attract more good and positive things into your life. If you are focused upon lack and negativity, then *that* is what will be attracted into your life.

**You are what you think about all day long.**

*--Dr. Robert Schuller*

You are *always* in a state of creation. You always have been. You are creating your reality in every moment of every day. You are creating your future with every single thought: either consciously or subconsciously. You can't take a break from it and decide *not* to create because creation never stops. The Law of Attraction never stops working.

So, understanding just how this law operates is a fundamental key to your success. If you want to change your life, and empower yourself to create an amazing future, then you need to understand your role in the Law of Attraction.

**To let life happen to you is irresponsible.  
To create your day is your divine right.**

--Ramtha

Here's how it works: Like attracts Like. If you are feeling excited, enthusiastic, passionate, happy, joyful, appreciative, or abundant, then you are sending out *positive* energy. On the other hand, if you are feeling bored, anxious, stressed out, angry, resentful, or sad, you are sending out *negative* energy. The universe, through the Law of Attraction, will respond enthusiastically to both of these vibrations. It doesn't decide which one is better for you, it just responds to *whatever* energy you are creating, and it gives you more of the same. You get back exactly what you put out there. Whatever you are thinking and feeling at any given time is basically your request to the universe for more of the same.

Because your energy vibrations will attract energy back to you of the same frequencies, you need to make sure that you are continually sending out energy, thoughts, and feelings that resonate with what you want to be, do, and experience. Your energy frequencies need to be in tune with what you want to attract, then the vibrational frequencies of love and joy are what you want to create.

Think of it this way--it's a lot like transmitting and receiving radio waves. Your frequency has to match the frequency of what you want to receive. You can't tune your radio to 98.7 on your FM dial and expect to get a station broadcasting on 103.3. It just won't happen. Your energy has to synchronize with, or match, the energy frequency of the sender. So, you have to keep your vibration tuned to a positive frequency in order to attract positive energy back to you.

Another good example is that of a tuning fork. When you strike a tuning fork, you activate it to send out a particular sound or frequency. Now, in a room filled with tuning forks--*only* those that are tuned to the exact same frequency will begin to vibrate in response. They will automatically connect and respond to the frequency that matches their own. So the idea here is to tune *yourself* to resonate at a frequency that is in harmony with what you want to attract. In order to create a positive future, you need to keep your energy, thoughts, and feelings in the positive range.

You can learn to manage your thoughts and emotions and maintain a vibrational match for what you want to attract by learning to respond instead of just reacting to the situations in your life. Most of us go through life just reacting automatically and unconsciously to the things and events that take place around us. Perhaps you're having a rough day, you've gotten a flat tire, or maybe someone has treated you unfairly. Say that you react in a negative way to these situations with your thoughts and emotions. You become angry, frustrated, or upset. In this case, you are *reacting* to the situation instead of consciously *responding* to it, and your negatively charged thoughts and emotions are automatically placing an order with the universe for more of the same negative experiences. In order to create a more positive outcome, you must learn to consciously respond in a different, more positive way.

**If you do what you've always done, you'll get what you've always gotten.**

--Anthony Robbins

The good news is that once you understand the Law of Attraction, and how it works, you can begin to consciously and intentionally create a better life. You can *choose* to respond differently to the situations that arise during your day. You can *choose* to think differently. You can *choose* to focus and think about the things you want more of in your life. You can *choose* to experience more of the things that make you feel good. You can *choose* to deliberately participate in the creation of your future by managing your thoughts and feelings.

**Your future is created by what you do  
today, not tomorrow**  
--Robert Kiyosaki

**Expect miracles.**

The Law of Attraction allows for *infinite* possibilities, *infinite* abundance, and *infinite* joy. It knows no order of difficulty, and it can change your life in every way.

In order to really understand how the Law of Attraction works in your life, we need to look at a few things.

Let's start at the beginning.

**The universe is change; our life  
is what our thoughts make it.**  
--Marcus Aurelius Antoninus

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